

SO WEIRD! Why we cry, yawn, get goosebumps & more

you.co.za | 9 FEBRUARY 2017 | #531

YOU



HELLO, GORGEOUS!

Insiders dish: no drink,
no drugs & doing well

**BRAD BACK FROM
THE BRINK – AND
HOTTER THAN EVER!**



**MISERY BEHIND
THE MAGIC**

Emma Stone: my
lifetime battle with
mental illness

**'AT ONE POINT
I COULD BARELY
GET OUT
THE DOOR'**

Subscribe digitally and

SAVE 40%

Get YOU for only R11,70 per issue

**YOUTUBE
VIDEOS!**

**10 FINGERS
AND 9 TOES
TO GANGRENE**

**SECRETS TO A
LONG, HAPPY
MARRIAGE**



The product
most recommended
by doctors for scars
& stretch marks.

Ipsos, 2016



"I typically don't contact companies regarding their products, however, I thought in this case I simply had to. From my early teenage years, I had heaps of stretch marks all over my hips and legs. Since using Bio-Oil, I have started seeing pretty noticeable results and I wanted to thank you for such an amazing product. Without trying to sound too dramatic, Bio-Oil has changed my life. I raved about your product to all of my family, who struggle with the same thing, and they all love it just as much as I do!"
Tamara Archer

EDITORIAL TEAM

021-406-2115

you@you.co.za you.co.za

Editor	Charlene Rolls
Deputy editors	Nicola Whitfield, Nadia Honiball
Assistant editors	Wendy Stelzmann, Jane Vorster, Sandy Cook
Gauteng bureau chief	Yvonne Beyers
Production editor	Alfie Steyn
Art director	Anneke Koegelenberg
Celebrity editor	Nici de Wet
Online editor	Kirstin Buick
Teens editor	Edna Isaacs
Copy editors	Willem Möller (chief), Liz de Villiers, Lynn Ely, Chez Pool, Sandra Visser
Content producers	Lindsay de Freitas, Victor Lampert, Samantha Luiz, Gabisile Ngcobo, Khatija Nxeedlana, Shanaaz Prince
Picture editor	Rena Tiran
Picture researchers	Kelley-Anne de Beer, Willie Fourie, Tertia du Plessis (celebrities)
Lifestyle	Petro-Anne Vlok (editor), Elna van der Merwe (rewriter), Vanessa Holies (office manager)
Food	Carmen Niehaus (editor), Esther Malan (asst editor), Carmen Petersen
Fashion	Wagheeba January (editor), Grethe Swart (asst)
Beauty	Nthabiseng Makhokha (editor)
Fiction	Lynn Ely, stories@you.co.za
Reviews	Willem Möller (editor)
Education	Sandra Visser
Copy coordinator	Maxine Peters
Photographers	Jacques Stander (chief photographer), Dino Codevilla, Martin de Kock, Misha Jordaan, Onkgopotse Koloti, Tumelo Leburu, Lubabalo Lesolle, Rowyn Lombard, Fani Mahuntsi, Megan Miller, Peet Mocke, Papi Morake, Sharon Seretto, Fahmida Chand (coordinator), Sydney Lestrade (asst)
Production manager	Jacques du Plooy
Assistant art director	André Smith
Layout & design	Adele Brinkhuis, Elmethra de Bruyn, Michael De Lucchi, Tertia du Plessis, Kelly Grande, Neil Krynaauw, Michelle Sepkins, Anneke Streicher
Infographics	Anton Lourens Vermeulen, Michael De Lucchi
Reproduction	Kurt Ohlson, Jean Koegelenberg, Justin Boast, Willem Jacobs, Anthony Karriem, Faadiel Williams
Print brand extensions	Mari van der Berg (head)
Marketing & clientele	Dalena Theron (head), Nicola Smith (art director), Clemens Smith (layout)
Office managers	Karen Foster (Cape Town), Noleen Mendace-Simelane (Gauteng)
Reception	021-406-2506
Office clerk	Denver Fourie
Competitions	hydcompetitions@media24.com
Syndication	Kim Snyders (manager), Jennifer Prime
Archives	Colin Piers 021-406-2506, archives@you.co.za

Do you have a news tip?

Email nadia@media24.com or call 021-406-2285.

SUBSCRIPTION ENQUIRIES

087-740-1013

you_subs@media24.com

MEDIA24 WEEKLIES

Head of Weeklies	Minette Ferreira
Commercial manager	Bea van der Vyfer
Publisher: music projects	Theuns Venter
Publishing manager	Edwina Lyners
Brand extensions	Eddie Mathewson
Advertising sales	David Hay (GM: advertising sales)
	David.Hay@media24.com;
	Theresa Lavery (business manager, KZN)
	theresa.lavery@media24.com;
	Claudia Meyer (sales manager, Jhb)
	Claudia.Meyer@media24.com
Digital advertising	The SpaceStation, info@spacemail.co.za
Category manager	Armand Kasselman,
	armand.kasselman@media24.com
GM: Media24 Print Media	Ishmet Davidson
CFO: Media24 Lifestyle	Raj Lalbahadur



HEAD OFFICE 40 Heerengracht, Cape Town, or PO Box 7167, Roggebaai 8012. Call 021-406-2115.
GAUTENG OFFICE Media Park, 69 Kingsway Rd, Auckland Park, Johannesburg 2092, or PO Box 786291, Sandton 2146. Call 011-713-9007.

MEDIA24

Published by Media24 Weekly Magazines.
Printed by Paarl Media, a division of Noyus Holdings.
© YOU 2017. ALL RIGHTS RESERVED. Enquiries about use of material 021-406-4630

CONTENTS

Issue 531 9 FEBRUARY 2017

Letters	6
Brad cleans up his act	8
Emma Stone on her anxiety battle	10
SABC's catalogue of woes	12
Conway, the Trump whisperer	14
Inside the ANC war room scandal	16
Global warming & Earth's future	18
Fingers & toes lost to tick bite fever	20
Young black farmer is milking it	22
I'm allergic to my husband	24
Daredevil in pink	88
The real Saddam Hussein	90
Why your body itches & twitches	94
We built our home with how-to vids	96
PlayKids: a learning revolution	98
Gary Player's 60 years of marriage	100
Da L.E.S the doting dad	102

CELEB NEWS

Scene & heard	104
Have you heard	106
Stargaze	110

26



LIFESTYLE

Chocolate treats for your valentine	26
Romantic dinner for two	30
Fun kitchen utensils	34
Fashion for him & her	36
Easy hair & make-up for a night out	42
Grooming hacks	44
Tips to ease health niggles	46
Relationships & finance	48
Ask Dr Louise	50

WIN

Crossword dictionary	54
His & hers watch sets	64
Lego Batman hampers	84

NOTE

For a list of all prize winners go to you.co.za/category/win/winners/.
By entering any competition featured in this publication you agree to receive promotional correspondence from YOU from time to time.

94

SO WEIRD! Why we cry, yawn, get goosebumps & more

you.co.za | 9 FEBRUARY 2017 | #531



8

96

EPIC DIY 2 storeys, 3 garages, 5 bedrooms MOM & KIDS BUILD HOUSE USING YOUTUBE VIDEOS!	SA WOMAN'S HORROR Rare reaction to tick bite fever I LOST 7 FINGERS AND 9 TOES TO GANGRENE	FAIRYTALE ROMANCE 60 years of travel, kids - and golf, golf, golf! GARY PLAYER'S SECRETS TO A LONG, HAPPY MARRIAGE
--	--	--

20

100

75



LEISURE

Puzzles	51
Pull-out TV guide	55
Laugh a little	59
What's new in DVDs	61
Crossword winners & solutions	63
Exciting new books	67
Fiction	68
Your Chinese horoscope	70
Stars for the week	74
Milla Jovovich, zombie slayer	75
Movie & music reviews	76

HEY YOU!

Pop hottie Halsey	77
20 facts about Camila Cabello	78
Look adorable in florals	80
Education: forests	82
Kids' games	84
Evergreen & deciduous trees in 3D	86

GAULO IMAGES/GETTY IMAGES, GREATSTOCK/SHUTTERSTOCK



unBEATable gifts and gadgets



GO BELT™

Hands-free security that
stays in place,
right around
your waist



149
EACH

- Comfortable, lightweight, extra stretchy and moves with you
- Two zippered, expandable pockets for dozens of items
- Fits waist sizes 61 – 127cm



**Strong, beautiful
nails... fast!**

- Keratin rich nail gel that strengthens & protects
- Repairs & restores
- Promotes nail growth
- Glossy gel-nail finish
- Can be used as a base or top-coat



119
EACH



BEWARE OF CHEAP IMITATIONS

Nobody can BEAT...

miss belt™

- Reduces waistline
- Tucks your belly
- Slims your waist
- Supports your back

- Shapes your figure
- Gives you an hourglass shape instantly
- Seamless system design

299
EACH



**Instant
HOURGLASS
Shape**

**Look
2 SIZES
slimmer**



ULTIMATE PEDI
by DermaWand®

279
EACH

CLICK & SPIN

Your way to BEAUTIFUL FEET!

- No changing rollers when using – just click & spin
- Micro-Diamond mineral remover roller and ultra fine buffing roller.
- PLUS! A built-in LED light
- Easy to use, easy to clean and water resistant



DEALS VALID 3 - 28 Feb 2017 | www.game.co.za



Now with revolutionary MarbleTech...
the most durable, non-stick
cooking surface ever...

- Quick and easy cleaning
- Healthy cooking with limited oil
- Scratch resistant
- Triple guaranteed never to buckle, warp or bend

1999

EACH

**HOME
MAKERS
SET INCLUDES:**

- 28cm Casserole
- 28cm Frying Pan
- 28cm Tempron Glass Lid
- 18cm Casserole
- 18cm Tempron Glass Lid



**Premium cast
aluminium cookware
with ultra Eco-Stone
coating**

249

24cm FRYING PAN

299

28cm FRYING PAN



- Durable Eco-Stone coating
- Non-stick and scratch resistant
- Thick aluminium base
- Healthy cooking with limited oil
- Heat indicator stamp
- Quick and easy to clean
- 1 Year quality guarantee

**Nobody
can BEAT...**



**Extracting your way to a
healthier lifestyle!
The 100% Natural way to
stay slimmer and healthier...**

- 1000W of power in one blender
- On/Off power button for safety
- Includes – 1 base, two cups, milling blade and extractor blade, storage lid, sports lid, pouring handle and recipe book
- 2 Year quality guarantee



1299

EACH

149

EACH



**Simply roll to slice,
dice, mince and more!**

- Tough and durable
- Slice, dice, mince, dice and chop without struggling
- Easy to use
- Simple to clean
- Includes blade cover
- 5 Year guarantee



TWISTA

PULL CHOPPER

119

EACH

New

**Pull to chop, dice &
mince in seconds!**

- Revolutionary 3 blade, multi-layered design
- Perfect for salsas, chutneys, sauces, preparing vegetables & more
- Non-slip base
- Dishwasher safe
- 2 Year quality guarantee



TWISTA

SPIRAL SLICER

**Make healthy, delicious
vegetable spirals in seconds!**

- Makes vegetable spaghetti, stir-fry's, juliennes and more
- Japanese stainless steel blades
- 4 Blade sizes: 3mm, 5mm, 10mm and 70mm
- Quick and easy to use
- Dishwasher safe

119

EACH



Game's **Price Beat Policy** has stood the test of time since 1970. **We will never be undersold**, if you find an item cheaper, we will beat that price, at the tills on the spot".

T's & C's apply. Refer to <http://www.game.co.za/game-services/game-guarantee/>



WINNING LETTER
 'We need to teach our children that there is only one race – the human race'

PLAYGROUND POLITICS

MY SON is in Grade R at a preprimary school and the parents are allowed to spend time with their kids on the playground before the bell rings in the morning. As I watched my son on the jungle gym I overheard a conversation between two little (white) boys who must be about five years old. One said to the other, "Do you know that black people hate white people?" The second boy didn't respond and the first continued with, "It's true, black people hate white people. It says so in the Bible."

I was so taken aback I could hardly speak. But I felt I couldn't just let it go, so I said to him, "I don't think it says in the Bible that black people hate white people." And his response was, "Yes, it does. My mom says it does. You must read the Bible."

This left me speechless. How can we move forward as a society and get past the divisiveness, bitterness, hatred and fear bred by apartheid when parents are brain-washing their children with this kind of rubbish?

There's a wonderful mix of children of all races at this school and I'd hoped these four- and five-year-olds would be the ones who don't categorise their peers as black/white/coloured/Indian before even seeing them as people.

The incident made me incredibly sad and made me realise how important it is to teach our children there's only one race – the human race.

MELANIE, EMAIL

MY FAVOURITE story in this issue is about a mom who basically roped in her kids to help build a house. The remarkable part? They did it mostly using YouTube!

"Our toes nearly froze off as we mixed concrete in a wheelbarrow, our back muscles ached... and we sweated and itched our way through fibreglass insulation," she says in our story on page 96. "It was incredibly intense. There was nobody going to the movies. There were no dates, no hanging out. It was all hands on deck."

When I think of YOU readers I imagine people like this mom – people who have an indomitable spirit and who can do anything they set their minds to. There's nothing too big to tackle or too impossible to overcome and there's always a solution even if it takes a while to get to it.

I'd love to know if you've ever learnt anything new using YouTube – no matter how big or small. It's always great to be able to share on our letters page or with our Facebook community.

Charlene

TALK TO US

• Email letters@you.co.za • SMS 36489
 • Post YOU, PO Box 7167, Roggebaai 8012

Letters should be no longer than 200 words. Opinions expressed here are not necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter wins R300.



TOUGH START

It's with dismay that I read the article about the little boy born with gastroschisis (YOU, 26 January). The young couple mentioned – 22 and 25 years old – have three children under the age of two. He has one from a previous relationship aged 23 months, she has a child of 17 months from a previous relationship, and now they have a child together aged two months who's had a rough start to life. They've been together two and a half years. Do the maths.

He's not employed and they stay in a garden flat at her parents' house. What were they thinking? There are contraceptives available. Who supports all these children? Why can't these youngsters use their brains? Children cost a lot to raise and deserve emotionally and financially mature parents. It's disappointing that today's youth are so quick to have chil-

dren when they're still behaving like children themselves.

ESTTELLA WOBKER, KWAZULU-NATAL

I'LL HAVE WHAT SHE'S HAVING

I was nibbling on a rather dry cheese sandwich in the kitchen at work, bemoaning the fact that my spouse was probably enjoying my leftover stir-fry lunch, which I'd dished into my neon pink lunch box the previous evening.

I'd repeatedly asked him if he wanted some for lunch the next day and received an emphatic, "No, thanks." I wasn't surprised the next morning when he asked, "What do I have for lunch today?" I gave him my lunch box, saying I'd have something else.

It turns out my three female colleagues all frequently experience something similar at home: it's Saturday night and you're feeling peckish. You decide to make tuna mayo on toast or crackers. You ask hubby several times if he'd like some and every time he answers in the negative.

With a last, "Are you absolutely sure?" you go to the kitchen, make your snack, return to the bedroom and settle down to enjoy it – only to hear him say, "That looks/smells good." This is after you've wiped the surfaces and put away the bread/crackers, marg, tuna and mayo. So you hand him your plate and traipse back



A parent's job

It's the start of another school, college or university year – time for new adventures and new friends. And sometimes strict instructions by parents about the company their kids keep.

Adults seem to forget they themselves went through the stage of testing authority and following the “gang” when they were growing up. Most adults turned out quite well so I don't think “strange” friends at school will have a negative effect later in life. Even when kids are rebellious, they usually end up with the same values as their parents.

Friends are also important – kids talk to one another about their problems in a way they can't with their parents. Although parents' fears aren't unfounded, kids can actually learn things from the “wrong” friends – it might help them to realise that's not how they want to be.

Most parents blame drastic changes in their kids on the “wrong” friends. To me, the biggest mistake a parent can make is to tell a child, “Do as I say,” instead of leading by example – “Do as I do.” How can you forbid your child to smoke if you are a smoker?

PARENT, BLOEMFONTEIN

■ Today's parents are often blamed for failing to teach their children morals. But all parents want what's best for their kids and try to teach them how to behave well. No parent teaches their child to become a thug. It's outside influences that make our kids misbehave.

Despite parents warning their children about the dangers of smoking, alcohol and drugs, kids still do them to fit into a group. Young people, please listen to your parents. Whatever you do today is shaping the kind of life you'll have as an adult.

MATOME KUBU, ARCADIA

■ It's the ambivalent approach by parents – us black parents in particular – that contributes to children's wayward behaviour. Our kids don't just need material possessions, they need our presence.

How many of us (black) parents know about our kids' daily activities, help them with their homework, attend their sport days? We need to be there for our kids and be good role models. Let us behave in a way that makes them admire us and say, “I want to be like my mommy and daddy.”

McDIVETT KHUMBULANI TSHEHLA, HALFWAY HOUSE

to the kitchen to start all over again.

I want to know, is this a male thing? All four of us in the office have been there, done that. One says she now makes extra as a matter of course and nine times out of 10 her spouse will indulge. If he doesn't, the kids soon vacuum it up anyway so nothing goes to waste.

YES FIRST TIME, PLEASE, POLOKWANE



SAYING GOODBYE

After reading the article The Day The Drinking Stopped (YOU, 26 January) I was reminded of the death of two family members and how different they were from each other. In 2013 I lost my brother to a

heart attack. None of us had a chance to say goodbye.

In 2014, I lost my mother-in-law to cancer. Her body was riddled with it. It was a slow and painful death – both for her and for us emotionally. We had a chance to say goodbye to her. My last words to her were, “I love you, Mom.”

She replied, “I love you too, Cath.” Not long after that she took a turn for the worse. A few days later she was gone.

I'm reminded of how precious life is. Don't take it for granted. Remember to say “I love you.” It might be the last time you get that chance.

CATHY, EMAIL

■ The Day The Drinking Stopped is an absolute must-read. It will hit close to home for many families as it highlights the harsh reality of alcoholism and depression.

At the end of the day only the addicted person has the power to consent to assist suicide and I support this 100 percent.

KELLY MATTHEE, BOKSBURG

IN BRIEF

I felt sick when I saw DJ Black Coffee and Enhle riding an elephant (YOU, 26 January). What gives us the right to use these gentle, beautiful animals in this way? Anyone who supports this unbelievably cruel practice has me wishing them no good.

DIANE EASEY, CAPE TOWN

Does anyone have advice on how to get rid of ants without spraying poison? We have pets.

LINDA, DURBANVILLE

I forgot about a competition we entered so it came as a huge surprise to get a phone call letting us know my 11-year-old daughter had won a Toys R Us voucher. She's super-excited and looking forward to spending her winnings on Lego Friends. Thank you, YOU and Toys R Us.

DEBBIE HOLMES, EMAIL

I admire Hashim Amla for his integrity in not wearing the Castle Logo as a devout Muslim (YOU, 26 January). It would be so amazing if professing Christians would do the same. What an impact it would make in a troubled world. Keep batting, Amla!

CHRISTIAN CRICKET FAN, SMS

Rosemary, you say Kate looks frumpish (YOU Say, 26 January)! You're correct – you're obviously no fashionista.

BRENDA, SMS

We buy pants at shops – why do they not sell, at an extra cost, the pegs or hangers these are hung on? I can't be the only one who'd buy them?

SILVIA, EMAIL

I recently went on a cruise up the coast and it's really sad how many overweight young people, both men and women, I saw. Then I started looking at how much they eat at mealtimes. Say no more!

SHOCKED, SMS

SUBSCRIBE

DIGITAL

ONLY R51 A MONTH

Go to you.co.za and click on “subscribe”.

Take up our special offer by subscribing to YOU's digital version for just R51 a month – that's a cool R11,70 an issue. Offer valid for annual subscriptions only.



NOW



LEFT: Brad at the premiere of his movie *Allied* in London in November. ABOVE and BELOW: Looking relaxed while out and about in January. RIGHT: In recent years he looked a bit worse for wear.

BRAD CLEANS UP HIS ACT

Since his wife Angelina Jolie filed for divorce in September Brad Pitt has ditched the booze and dagga and is looking better than ever

Compiled by NICOLA WHITFIELD



THEN

HE'S had a rough time since his private life imploded on a plane somewhere between France and Los Angeles in September. The phenomenon that was Brangelina was no more – and Brad Pitt was left out in the cold as Angelina Jolie gathered their brood around her and went into lockdown.

Brad (53) was granted only a few crumbs when it came to the kids – the odd supervised visit here and there which, by all accounts, were rather fraught.

Older sons Maddox (15) and Pax (13) were hostile and reluctant to see him – with Maddox sometimes plainly refusing to see his dad. “Maddox wants nothing more to do with him,” insiders were quoted as saying.

Brad also had to undergo random blood tests to make sure he was laying off the drink and dagga, which he's been partial to for decades, as everyone from ex-wife Jennifer Aniston to the Brangelina nanny brigade will tell you.

Camp Brad says the actor has passed every test with flying colours, prepared to sacrifice his vices if it means getting his kids back.

And it looks as if it's working. Latest reports are that Brad is being allowed to spend more time with Maddox, Pax, Zahara (12), Shiloh (10) and eight-year-old twins Vivienne and Knox.

“Things have cooled down between him and Angelina,” a source says. “Brad initially agreed to weekly supervised visits but the situation has improved and he's allowed more access to the children.”

Exactly how much more isn't clear but Brad “is much happier”, an insider told America's People magazine. “He's missed his kids terribly. They're his whole world – it's all he cared about.”

Last month Brad and Angelina (41) released a joint statement saying they were working with a private judge on their divorce and they were “committed to act as a united front” in the months ahead as the details of the split are finalised.

“Brad has a more positive outlook,” the People source added. “Things seem much better now.”

Recent pictures of the actor would suggest he's in much better space. Snapped looking casually dapper on a rainy day in Santa Monica, California, he seemed relaxed and in high spirits. In fact, Brad has been looking hotter than he has in a long time.

He's always been handsome, of course, but in recent years he could look a little puffy in the face every now and then – a result, those in the know say, of his beer-and-joint binges.

“But Brad has in effect been forced into detox and it's working,” a friend of the Allied star says. “He's lost whatever bloat he had and he's doing great.”

BRAD'S debut public appearance since the split was the first sign he was on the straight and narrow.

He made a surprise appearance at the Golden Globes last month to introduce the movie *Moonlight* (YOU, 19 January), of which he was a producer, and the room full of colleagues and peers burst into delighted applause.

“He was blown away by the welcome,” a friend says. “I think he was worried about the reception he'd get with the child abuse issue looming large so when he was so warmly received he was relieved and touched.”

Brad, as followers of the divorce drama of the decade will know, was accused by Angelina of manhandling Maddox during an argument on the plane. He was cleared of child abuse charges but was worried the stigma would remain, the pal says.

Brad seems to be getting his groove back, both privately and professionally. His next movie, *World War Z 2*, is due to hit the big screen in the middle of the year and he has plenty of other projects in the pipeline, the insider says. “He's going to be just fine.”

Angelina, meanwhile, is doing pretty well too. She recently landed a new gig as face of Mon Guerlain, a new perfume from French beauty house Guerlain inspired by Angie herself.

“We create perfumes for the women we admire,” says Jacques Guerlain, the company's master perfumer.

“My influence for Mon Guerlain was the notes of a woman – the choices, emotions and dreams that embody modern femininity.”

In his muse's case he should have included magnanimity – Angie, ever the philanthropist, will be donating her entire salary from the campaign to charity.

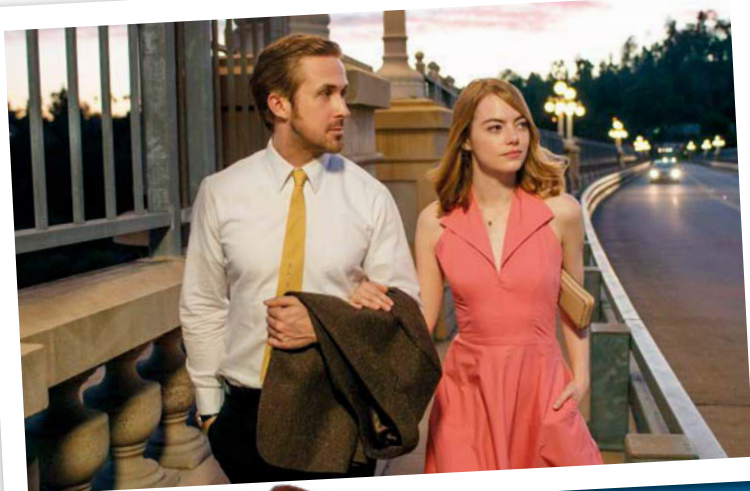
Now, with the Oscars fast approaching, can we expect to see both Angie and Brad on the red carpet – in the same place but worlds apart?

We wait with bated breath. ■

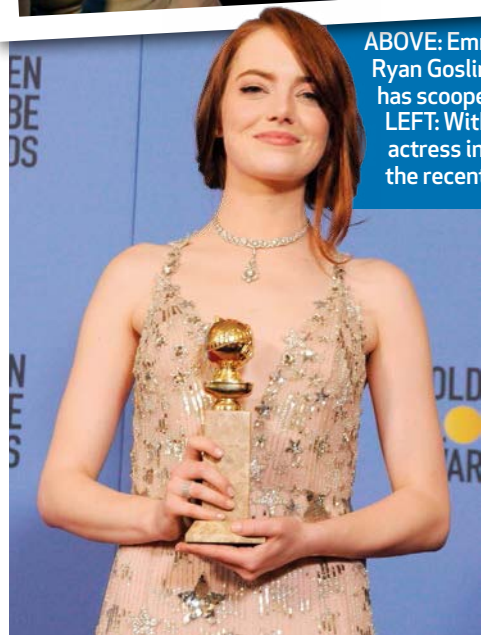
SOURCES: PEOPLE, EONLINE, YAHOO CELEBRITY, DAILY MAIL, POPSUGAR.COM



Less than a week after his well-received surprise appearance at the Golden Globe Awards, Brad hung out with singers Chris Cornell (middle) and Sting at a charity event in Malibu, California.



ABOVE: Emma Stone with co-star Ryan Gosling in *La La Land*, which has scooped 14 Oscar nominations. LEFT: With her trophy for best actress in a musical/comedy at the recent Golden Globe awards.



HOW EMMA SLAYED ANXIETY

The award-winning star of *La La Land* opens up about her battle against the 'little green monster' of panic

Compiled by NICI DE WET

SHE'S the current belle of the big screen, her new film is the talk of Tinseltown and award after award has streamed in for the quirky redhead who sings, dances and acts with enviable ease. Just 28 years old, Emma Stone is one of the brightest young things to hit Hollywood in a long time and everyone wants a piece of her. Already the proud owner of a Golden Globe and a Screen Actors Guild Award, an Oscar looms large for the lovely star of *La La Land*.

"Emma can do everything," says veteran director Woody Allen, who's cast her in two of his movies. "She's beautiful, she's intelligent and she can astonish. She's really got it all. And everyone thinks she's just adorable."

He's right – she can do everything. She's shown her versatility across genres, shining in everything from hard-hitting drama (*The Help*) and romcom (*Crazy Stupid Love*) to superhero blockbuster

(*The Amazing Spider-Man*) and black comedy-drama (*Birdman*).

Yet that engaging smile and larger-than-large eyes give away nothing about the crippling condition she's battled most of her life. Emma recently spoke out for the first time about the fact that she has an anxiety disorder that first manifested in panic attacks when she was a little girl.

"It was constant," she told *Rolling Stone* magazine. "When I was about seven I was convinced the house was burning down. I could sense it. Not a

hallucination, just a tightening in my chest, feeling I couldn't breathe, like the world was going to end. There were some flare-ups like that, but my anxiety was constant.

"At a certain point I couldn't go to friends' houses anymore – I could barely get out the door to school."

Her concerned parents took her to therapy which helped to teach her how to live with her fears and gave her coping skills.

"I wrote this book called *I Am Bigger Than My Anxiety* that I still have," she

says. "I drew a little green monster on my shoulder that speaks to me in my ear and tells me all these things that aren't true."

Being anxious "is just the way I'm wired", she adds. But her real salvation turned out to be acting.

Emma joined a youth theatre group and flourished, excelling especially at improvisation and sketch comedy. "You have to be present in improv and that's the antithesis of anxiety," she explains. "You have to live in the moment instead of imagining catastrophe and chaos."

When she was 14 she had an "epiphany" while doing a PowerPoint presentation called Project Hollywood and knew she had to go to Los Angeles to pursue her dramatic dreams.

To her surprise, her parents – dad Jeff, who's CEO of a contracting company, and mom Krista, a homemaker – agreed she could quit high school in Scottsdale, Arizona, and head for the heady hills of Hollywood.

They realised acting "made me fulfilled and happy" but she now says they were nuts to agree to her leaving school. "It's not for everyone. I don't condone it. Everybody should go through high school and graduate."

Things weren't easy for Emma in Tinseltown at first. In between going to auditions she continued her education through home-schooling and got her big break only at the age of 19 when she was cast as the high school pal of Jonah Hill's character in the 2007 comedy *Superbad*.

After that the roles started streaming in – but her anxiety kicked in again at the same time. "I started to feel overwhelmed by the energy of Hollywood. I would go places, and all anybody could talk about was the entertainment industry. I just felt too surrounded by that."

In 2009 at the age of 20 she decided to move to New York because she couldn't handle the stress of LA anymore. "Losing my anonymity after *Easy A* [her 2010 teen comedy], it was like being seven years old all over again. It terrified me."

She says she suffered something of a meltdown while filming 2014's *Birdman* in which she portrayed the rebellious daughter of a washed-up actor, played by Michael Keaton.

"The tightrope walk of that movie, the pacing and timing – I lost my mind a bit. I just got to a point where I snapped."

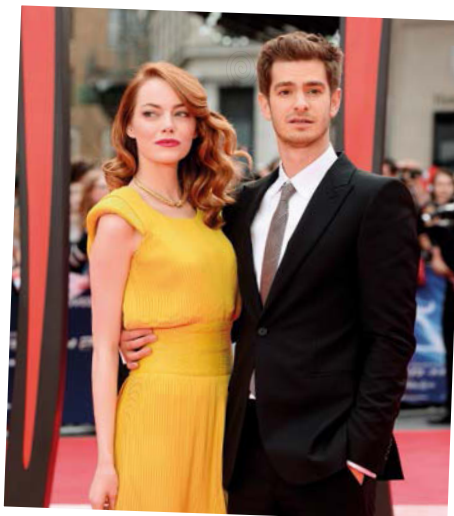


With new bestie Jennifer Lawrence. They're among Tinseltown's most in-demand actresses.

Not that it showed in her performance though – Emma's efforts earned her an Oscar nomination for best supporting actress.

While she has more of a handle on her condition now, the chance of a panic attack is always looming in the background, she says.

"Before any interview, I have to sit for five minutes and breathe and get centred because I get so nervous. Interviews are kind of like therapy, except all your answers are being written down and print-



Emma and ex-boyfriend Andrew Garfield, co-stars in 2012's *The Amazing Spider-Man*.

ed. I always want to be on the other side of it. I don't want to be deconstructed for millions. I'd rather do the deconstructing."

SOMEONE who knows what Emma goes through is her new bestie, Jennifer Lawrence. The 26-year-old actress also suffered from anxiety as a teenager and – while therapy didn't work so well for her – acting proved to be her saviour too.

"My mother has said that after she saw me on stage she saw the change that started taking place in me," Jennifer says. "She saw my anxieties disappear."

Like Emma, Jennifer says acting made her "feel happy because I was capable, whereas before I felt worthless". The two have actor Woody Harrelson to thank for introducing them to each other. Woody, who's worked with both, thought they might hit it off and gave Jennifer's number to Emma.

"She texted me that she got my number from Woody and I replied, 'F*ck off!'" Jennifer told *Vanity Fair* magazine. "And we've been really good friends ever since."

They were spotted at an Adele concert last year where Emma had to step in after her pal got drunk and vomited. "She just started rubbing my back. She was really sweet. I was like, 'Get out of here. It's so gross'."

The stars realised that from time to time they may be in competition, for roles or even on the awards circuit, but they've learnt to accept that.

"We both really do love each other and care about each other as people, beyond being actors," Emma says. "I support her completely when it comes to work and I feel the same from her, but I know we'd be friends even if we didn't do the same job."

Jennifer has praised her pal's work in *La La Land* as has Emma's ex-boyfriend, British actor Andrew Garfield (33). They split up in 2015 after four years together, but remain close.

"I'm constantly inspired by her work and how she handles and holds herself," says Andrew, who gave Emma a standing ovation at the Golden Globes. "For me it's been bliss to be able to watch her success and watch her bloom into the actress she is."

And one who's learnt to control her inner demons at that. ■

SOURCES: DAILYMAIL.CO.UK, ROLLING STONE, VANITY FAIR, PEOPLE, IMDB, US MAGAZINE

INTIMIDATION, threats, bugged telephone calls and billions of rands just vanishing into thin air. It sounds like the plot of a spy thriller but these days what's going on behind the scenes at the SABC is often much more dramatic than what's playing out on our screens.

Licence-payers couldn't believe their eyes when a copy of a damning new report was leaked on social media. For years there's been talk about problems at the SABC but there, spelled out in black and white, was a catalogue of all that ails the public broadcaster. Could it possibly be true?

ANC politician Vincent Smith acknowledged it was a legitimate working document. At a loss for what to do about the scandal-plagued SABC, parliament tasked Smith and 10 other MPs from various parties to investigate. After several weeks of grilling top executives and board members the ad hoc committee compiled its report. And now that it's leaked – a lot earlier than its intended release – it has the whole country talking.

It's one of the most explosive official reports ever to enter the public domain and paints a depressing picture of an organisation that's been brought to its knees by mismanagement and political interference. And now everyone's wondering: what next?

WHAT'S IN THE REPORT

Since the leak an even more comprehensive 47-page report has been formally released and it doesn't mince its words. It spells out that the rot starts at the top in the form of the dithering and ever-changing board, which has a "shaky" moral compass and failed to carry out its obligations.

"Testimony from all former members ... revealed that the boards were often divided along two lines: those who were concerned with discharging their fiduciary duties and those who were seemingly pursuing their own agenda which was not necessarily in the public broadcaster's best interest."

The report lays much of the blame squarely at the door of communications minister Faith Muthambi. It says there's evidence that at a board meeting in July 2014 she may have "covertly or overtly" pressured members to appoint Hlaudi Motsoeneng permanently as chief operating officer (he'd been performing the role in an acting capacity for almost

A damning new report on the SABC paints a picture of an organisation brought to its knees by mismanagement

By KHATIJA NXEDLANA
& JANE VORSTER



CATALOGUE OF WOES



LEFT: Communications minister Faith Muthambi testifying before the commission of inquiry looking into the SABC board's fitness to hold office. **RIGHT:** Suspend group executive of corporate affairs Hlaudi Motsoeneng. His controversial decisions have landed him in the spotlight in recent years.





James Aguma took over as acting CEO of the SABC after the resignation of Jimi Matthews in June last year. Aguma had been serving as the SABC's CFO.

three years by that stage). This was despite the fact that he didn't have a matric certificate and a few months earlier the public protector had found him unfit to hold office.

After a public outcry Motsoeneng was later shifted to another senior SABC role as group executive of corporate affairs. Late last year the DA took the matter to court and succeeded in getting a judgment that the controversial executive shouldn't be allowed to hold any role at the broadcaster.

And while all this drama has been playing out the SABC has been haemorrhaging money. The report outlines details of irregular, fruitless and wasteful expenditure of more than R5 billion. This while rumours continue to fly that the broadcaster might be on the brink of bankruptcy (see below).

And as if this wasn't bad enough, the report shines a spotlight on how much top-level meddling there's been in the reporting of the news.

"Testimony was provided under oath that there was a management decision taken and communicated to staff by the COO to the effect that the SABC will air 70 percent 'positive' news and 30 percent other news and this is construed as undermining the journalistic principals of providing news that is truthful, fair, accurate and impartial."

The report also paints a picture of the hostile atmosphere faced by journalists who were constantly looking over their shoulder, aware that they were being watched.

"The presence of the State Security Agency within the working environment at the SABC created an environment of fear and intimidation."

There have been reports that journalists' emails and telephone conversations were monitored.

WHAT NEXT?

The original draft report leaked on social media made several recommendations,

including that the president should dismiss his communications minister and that she should face criminal charges for misleading parliament. But most of the MPs sitting on the committee later voted to leave these recommendations out until the SABC has had a chance to respond – this was to avoid potential litigation and claims of bias.

Two MPs from the DA objected to the exclusion of the recommendations and walked out, refusing to take part in the formal adoption of the draft report.

"It's quite clear that the U-turn by the ANC happened after the DA began pushing for tough recommendations," says DA shadow minister of communications Phumzile van Damme.

Political analyst Ralph Mathekga believes the exclusion of the recommendations doesn't make the report less valuable.

"It would be better, no doubt, to have a report with recommendations but I also think that a report that critically reflects what's going on at the SABC will be a step in the right direction. What that means is that other state institutions then have the power to take on some of the matters and pursue them."

The report is now with the relevant parties for comment and rebuttal and will be presented to the national assembly by 28 February.

FIDDLING WHILE ROME BURNS

For years rumours have swirled that the SABC stands on the brink of bankruptcy – and it seems the financial noose is tightening.

Last year top artists such as AKA and Jack Parow threatened to pull out of the Thank You SABC Concert at Orlando Stadium in Joburg because they hadn't been paid their performance deposits. It also came to light that for two years the organisation has failed to pay local artists the R25 million it owes them for royalties for playing their songs on air.

But the SABC's new CEO, James Aguma, who was appointed in June last year, denies he's steering a sinking ship.

"Chaos is such an interesting word,"

he said in a recent interview. "I need to paint this picture: imagine I need to compete against [South African 400 m Olympic sprint champion] Wayde van Niekerk but they put a 10 kg bag on my shoulders. What would happen? This is what running public money is about."

"The SABC is carrying the 10 kg bag. I challenge anyone to make a profit at the SABC without having to cut sports and other important programmes. I can switch off the news and you'll have a billion [rand] in profit."

SABC2 recently announced a significant reshuffle of its programming lineup but it's not clear whether this is in any way linked to the crisis playing out.

NONSTOP DRAMA

Last year the SABC sacked eight reporters and producers for speaking out about censorship at the broadcaster and its biased coverage of the news. They are Special Assignment specialist producer Busisiwe Ntuli, journalist Lukhanyo Calata, economics editor Thandeka Gqubule, RSG executive producer Foeta Krige, senior journalist Suna Venter, Sfm current affairs executive producer Krivani Pillay, senior investigative journalist Jacques Steenkamp and freelance journalist Vuyo Mvoko.

The axed staff, dubbed the SABC eight, were later honoured with the SA National Editors' Forum's Nat Nakasa award for fearless journalism and have appealed to the constitutional court to reverse the SABC's decision to fire them.

Venter recently made headlines again when she was shot in the face with an air gun in Linden, Joburg, just hours after making her final submission to parliament as part of the SABC inquiry.

She had to undergo surgery to have two air-gun pellets removed from her face and police told her it was no random mugging or hijacking. Other members of the SABC eight have reported receiving death threats.

WANTED: A NEW SABC BOARD

The last remaining board member, Professor Mbulaheni Maghuve, resigned last year, only days after giving testimony to the parliamentary inquiry. It's now left to parliament's communications committee to appoint a five-member interim board which will serve for a period of up to six months. ■

SOURCES: DAILYMARVERICK.CO.ZA, EWN.CO.ZA, IOL.CO.ZA, NEWS24.COM

RIGHT and BELOW: During the presidential campaign Donald Trump was often happy to keep quiet and let his sassy strategist, Kellyanne Conway, do the talking.

THE TRUMP WHISPERER

Presidential sidekick Kellyanne Conway is smart and persuasive – and can throw a punch if called on

Compiled by JANE VORSTER

SHE'S constantly at his side, coaxing, cajoling and giving him little pep talks. Where many others have tried and failed she's succeeded – she persuaded Donald Trump to tone down his verbal bullying, stop insulting all and sundry and cut back on his Twitter rants. In short, she taught him how to behave.

Many pundits think Kellyanne Conway is the real reason why the brash tycoon is now America's new president. She has such a knack with him that she's been dubbed "The Trump Whisperer".

That's why nobody was really surprised when it was announced that the sassy strategist, who served as Trump's campaign manager during the closing stretch of the presidential race, will now serve as his senior adviser.

When she first joined his team in August last year things seemed hopeless. He'd just fired his second campaign manager, most of America – particularly women – hated him and he was trailing opponent Hillary Clinton by up to 10

points. Defeat looked inevitable. Desperate, he appointed Kellyanne and within the space of 10 weeks she managed to turn his fortunes around. In the process she became the first woman to run a successful US presidential campaign.

It seemed like an insurmountable task but Kellyanne was up for the challenge of transforming the bombastic billionaire's image. Following her advice, Trump started giving speeches using a teleprompter rather than speaking off the cuff, stopped doing news conferences and scaled down his TV interviews. Instead he allowed media-savvy Kellyanne to do most of the talking, leaving it up to her to argue his case.

With a less abrasive approach he saw his popularity ratings start to climb. By the time of his first debate against Hillary they were neck and neck in the polls and after he won the election it emerged that 53 percent of white women had voted for him.

Trump (70) makes no secret of the fact he couldn't have done it without Kellyanne.

"There is no den she will not go into,"

he says. "When my men are petrified to go on a certain network I say, 'Kellyanne, will you go?' Then she gets on and she just destroys them."

There's no doubt Kellyanne (50) loves a fight. On the night of Trump's inauguration she stunned onlookers by punching a man at the Liberty Ball.

Charlie Gasparino, a correspondent for Fox Business network, says when two tuxedoed attendees came to blows he saw her intervening and throwing "some mean punches".

"Whole thing lasted a few minutes," he says. "No one was hurt except maybe the dude she smacked. Now I know why Trump hired her."

KELLYANNE is the first to admit her methods are anything but conventional.

She credits the eight summers she spent as a child picking and packing blueberries on a farm in New Jersey for teaching her a strong work ethic. "Everything I learnt about life and business started on that farm," she says.





ABOVE: Critics ridiculed the military-style Prada coat she wore on inauguration day. **BELOW:** Trump relied on her heavily during the presidential election.



At age 16 she won the New Jersey Blueberry Princess pageant and four years later the World Champion Blueberry Packing competition.

Her parents had divorced when she was two and her mother, a casino shift supervisor, raised her in a house they shared with her grandmother and two unmarried aunts.

After graduating with a law degree Kellyanne started her own business, The Polling Company, in 1995, which specialises in helping Republican politicians tailor their messages to win female votes.

In 2004 she co-wrote a book called *What Women Really Want*. Using this insider knowledge, she helped Republican politician Newt Gingrich with his unsuccessful 2012 presidential campaign and also counselled former vice-president Dan Quayle.

She's known Trump for years. They met in 2006 after she bought an apartment in his 90-storey Trump World Tower in New York and served on the building's body corporate. Back then she was surprised by how "hands-on" the tycoon was – he showed up at meetings

to hear residents' concerns.

But when the 2016 presidential campaign kicked off she was initially part of rival Ted Cruz's strategic team and didn't hesitate to hurl insults at Trump. She described him as "a man who seems to be offending his way to the nomination".

But when Cruz bowed out she quickly switched camps. Gingrich, a Trump supporter, says the reason Kellyanne and the businessman hit it off so well is that she didn't try to reshape him.

"That's not going to happen because he's a 70-year-old adult billionaire who actually thinks he knows something," Gingrich says. "Her view is that she needs to intuit what he's good at and what he's bad at, and how to deal with them."

A mother of four, Kellyanne had plenty of tricks up her sleeve. In a recent interview she opened up about her methods, admitting she sometimes uses child psychology to get through to Trump.

"Never command. That could insult him. Always make suggestions, backed with information in 10-second sound-bites."

Like Trump, she intensely dislikes the Clintons. Her husband, George, is the lawyer who persuaded the Supreme Court to change the law so a sitting president could face a lawsuit. This paved the way for the infamous Paula Jones case, which unleashed the Monica Lewinsky scandal and resulted in the humiliating impeachment trial of former president Bill Clinton in 1999.

As Trump's chief strategist Kellyanne was tasked with doing damage control and coming up with some rather inventive excuses for his behaviour. Even when he insulted Pope Francis she leapt to his defence.

"Oftentimes Mr Trump punches down," she said. "I actually think the Pope is punching up or punching across, if you will, if you're Mr Trump."

Not everyone was convinced.

"Wow," said comedian and political commentator Bill Maher. "Because Donald Trump is normally a giant asshole who punches down, the one time that he does it up to the Pope then we say it's okay. If there's a Nobel Prize in hypocrisy, those people have got to win it this year."

Gabriel Kahn, a professor at the University of Southern California's Annenberg School for Communication and

Journalism, says Kellyanne's role should not be underestimated.

"The fact that she could, with a straight face, go on talk show after talk show and explain away all these transgressions, inconsistencies, multiple flaws, what have you, was an effective tool to make crazy seem normal," he said.

When it came to light that White House press secretary Sean Spicer had fibbed about attendance figures at Trump's inauguration, Kellyanne defended him, saying that what he'd presented to the media weren't lies but rather "alternative facts", a phrase she borrowed from George Orwell's dystopian fantasy 1984.

But even she was at a loss for words when just before the election a damning tape dating back to 2005 leaked out in which Trump could be

heard bragging about groping women.

She says she found her boss' comments "horrible" and "indefensible" but thinks his apology was "earnest".

Kellyanne claims to have received death threats from Trump's rivals following the election and now has around-the-clock secret service protection.

She and her husband currently live in Alpine, New Jersey, with their four kids, twins George and Claudia (12), Charlotte (8) and Vanessa (5), but are gearing up to move to Washington so she can take up her new post at the White House.

Over the coming months it will be her job to help Trump look more presidential and keep him out of trouble. Somehow we think she's going to have her hands full. ■

SOURCES: WASHINGTONPOST.COM, NEWYORKER.COM, DAILYMAIL.COM, NICKISWIFT.COM



At a baseball match in New York with her husband, George, and their children – in the back are twins George and Claudia, and in front are Vanessa and Charlotte.

DARK DEALS IN THE WAR ROOM

A FARCE, a can of worms, a web of lies, the work of a party of thieves... the so-called ANC war room scandal has been slammed left, right and centre and has dominated every media platform in the country.

For the ruling party, already facing a crisis of popularity, it was the last thing it needed – and leaders are now scrambling to get as far away from a project that could land the ANC in trouble with the electoral court.

“The actions weren’t sanctioned by the ANC and we distance ourselves from any insinuation that any such campaign was known or approved by the ANC,” party spokesperson Zizi Kodwa said.

But opposition parties are crying foul, claiming the details that have emerged are evidence of a dirty tricks campaign and an abuse of the country’s democratic processes.

The war room project was intended as a plan for the ANC to take down the opposition and emerge victorious in last year’s local government election – instead it fizzled out as bungle after bungle tripped it up.

HOW IT UNRAVELLED

Money was at the heart of it all, as it so often is. The public might never have known anything about a war room had Sihle Bolani, managing director of Sihle Bolani Communications, been paid the R2,2 million she claimed the ANC owed her for work she did for the party during the election.

She took the ANC to court and eventually signed a R1 million settlement agreement with ANC general manager Ignatius Jacobs in December.

But she then decided to go back to court to get the rest, claiming the ANC sent her from pillar to post in her attempts to get paid.

Bolani went on Redi Tlhabhi’s radio show on 702 and told her how she was brought on board by two people who were acting as “agents” of the ANC.

Shaka Sisulu, grandson of struggle stalwart Walter Sisulu, and Jacobs are two of the men implicated in the drama.

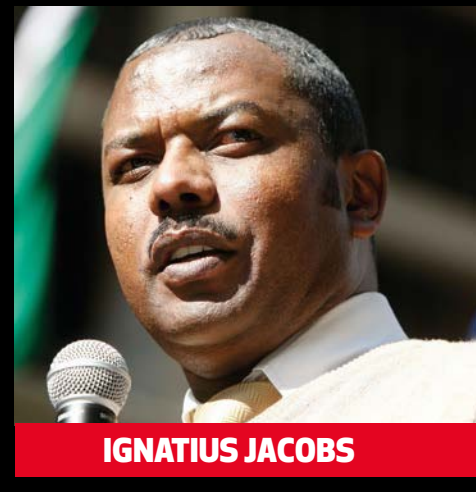
She was left no choice but to go to court, Bolani said, as the lack of payment had far-reaching implications for her business and her family.

The ANC says it wasn’t behind a bungled plan to take down the opposition at the polls. Here’s how the scandal came to light

By GABISILE NGCOBO & NADIM NYKER



SIHLE BOLANI



IGNATIUS JACOBS

“It’s incredibly tough when you’re struggling to put food on the table for your child – when you can’t pay school fees or your employees.”

WHAT WENT DOWN IN THE WAR ROOM

A team from the amaBhungane Centre for Investigative Journalism reported that a budget of R50 million was apparently allocated to the war room – but the money never materialised.

Sisulu, Jacobs and businessman Joseph Nkadimeng, one of the architects of the project, are now in trouble with ANC big-wigs.

“All fundraising initiatives need to be coordinated with the treasurer-general’s office and no parallel initiatives or unauthorised use of the ANC or the treasurer-general’s office are permitted,” ANC treasurer-general Zweli Mkhize told the Sunday Times. “If identified, disciplinary action might be taken.”

Recordings have emerged of Jacobs meeting with other war room members, including Nkadimeng, which Bolani taped on her phone.

In one meeting Jacobs tells her, “I personally was trained in propaganda, deception, subterfuge, political warfare, spy



Businesswoman Sihle Bolani says she received death threats after lifting the lid on a R50 million ANC covert campaign. Activist Shaka Sisulu and ANC general manager Ignatius Jacobs are said to be the masterminds behind this controversial campaign.

quired and what we felt was an extremely hostile media environment against the ANC," he said. "We looked at ways it can be dealt with."

THE PROBLEM WITH THE PROJECT

By all accounts it was a campaign so disorganised it was eventually abandoned. The plan was to focus on strengthening the ANC's presence on social media through fake accounts and planted tweets, and to take power away from the EFF and DA by printing fake posters, producing articles for a website called The New South African and coming up with content for a TV show.

But a report drawn up by Bolani and sent to the ANC in November paints a picture of chaos and ineptitude.

There wasn't enough space for the team to work, she claimed, no Wi-Fi or phones and no access to print media or petty cash for office basics. "The project was beset by incompetence, nondelivery and lack of professionalism," she said.

Bolani also alleged Sisulu once came to the office drunk in the clothes he'd worn the night before and "Mr Nkadi-meng had to buy Mr Sisulu a new shirt for an off-site meeting".

THE GOOD, THE BAD AND THE UGLY OF WAR ROOMS

Media strategist and spin doctor Chris Vick says war rooms are a common phenomenon during political elections. They're formed for a party to have a co-ordinated approach when it comes to dealing with the media and for public rallies.

A war room can be effective in getting a party's election message across and useful when it comes to managing a crisis.

The problem with the ANC's war room, he says, is it doesn't appear to have been part of a formal structure within the ANC. "And that was a fundamental mistake.

"Showing the opposition in a bad light isn't standard practice," Vick says. Political parties need to work within the election regulations which have strict rules on what you can and can't say and do when it comes to the opposition.

Vick had been involved in war rooms during the apartheid years, helping people opposed to the regime to develop a strategy.

But those projects didn't become involved in dirty campaigns, he says. "It was

proactive, positive intervention."

A war room strategy should never be about fake news or putting out non-existent Twitter accounts, he adds.

Vick was approached to join the ANC's war room but he turned down the request. "They asked me to be a promoter or part of the Twitter mob and I said no because it was amateurish and I was uncomfortable with it.

"In the end the whole thing backfired because the ANC did so badly in the election."

WHAT SHOULD THE ANC DO GOING FORWARD?

Political analyst Ralph Mathekga believes the ruling party needs to concentrate on the problems on the ground – service delivery – and forget about public relations campaigns.

"I think the problem is that when a party starts to invest a lot in public relations it becomes more and more distant to the people," he says.

"They need to know this erodes the credibility of a party. Deal with corruption and deal with jobs – that's what the people want." ■

EXTRA SOURCES: AMABHUNGANE, NEWS24, ANC, 702, CITIZEN, SUNDAY TRIBUNE



SHAKA SISULU

works – I know what must be done. But I left it. I thought Joe and Shaka would be okay. If I had the resources we'd be ahead now."

The audio clips also reveal how the campaign was going to be funded and gave assurances that Bolani would be paid.

In an interview with News24 Sisulu said he'd formed an "informal grouping" with like-minded ANC followers who were skilled in social media and public relations.

"This was an initiative that came out of our own knowledge of what was re-

MORE ABOUT SIHLE BOLANI

The attractive single mom of a 12-year-old daughter is no stranger to the spotlight. In 2011 she was a regular on Bonang Matheb's reality TV show, B*Dazzled, and she was often seen shopping with the celebrity and going to clubs and swanky events.

But shopping and partying aren't all the two women have in common: Bolani (33) is also said to have dated Bonang's boyfriend, rapper AKA. She's now reportedly engaged to businessman Spike Bridge, who works closely with rapper Cassper Nyovest.

Bolani studied brand building and management at Vega School of design and marketing and is studying towards an MBA, according to the Sunday Tribune.

Her company, Sihle Bolani Communications, has had the likes of soccer club Black Aces and Majota "Phat Joe" Kambule as clients. And its Instagram account is filled with inspirational quotes, one of which reads, "The value of a reputation is often only understood when the reputation is lost."

Contacted for more comment, Bolani, who hails from Durban, said she wouldn't be doing any interviews "until this matter has been concluded".

THE HEAT IS ON!

Scientists warn that global warming is all too real – but opinion is divided on our chances of long-term survival

By ALMARI WESSELS



IMAGINE a world where all that remains of Cape Town is the famous flat top of Table Mountain sticking out of the sea while the rest of the city lies submerged, shrouded in myth like the lost city of Atlantis.

This may seem like the plot of a far-fetched sci-fi movie, but as Earth's ice caps keep melting and sea levels continue to rise we have to ask ourselves: can we really bury our heads in the sand like America's president Donald Trump and say climate change is a hoax?

New figures released by analysts at Nasa and America's National Oceanic and Atmospheric Administration (NOAA) reveal that 2016 was officially the warmest year ever documented. Average global temperatures are now almost a full degree warmer than they were in the mid-20th century – and scientists are worried.

"In 2014, 2015 and 2016 we have had the three hottest years on record. Scientists call it a 'three-peat'. It's very rare and also worrying that 2015 and 2016 were both a lot warmer than the long-term global average," says Professor Guy Midgley, an expert in biodiversity and global change science at the department of botany and zoology at Stellenbosch University.

If you were born after 1976, Professor Midgley adds, you've never experienced the global average temperature as Earth

has increasingly become hotter ever since.

"In 2015 and 2016 the planetary warming was intensified by the weather pattern known as El Niño, in which the Pacific Ocean released a huge burst of energy and water vapour into the atmosphere," writes Justin Gillis in The New York Times. "But the bigger factor in setting the records was the long-term trend of rising temperatures, which scientists say is being driven by increasing levels of carbon dioxide and other greenhouse gases."

Bar some "crazy climatic event", Earth won't be cooling down in the near future, Professor Midgley says. And this is a troubling prospect, says Professor Will Steffen of the Australian National University and the Stockholm Resilience Centre, who led two studies detailing the detrimental effects of human activity on the environment.

Carbon dioxide levels are at an all-time high, British newspaper The Guardian reports, adding that the loss of biosphere integrity is resulting in species facing extinction 100 times faster than normal.

"If Earth is going to move to a warmer state, 5 to 6 °C warmer, with no ice caps, it will do so and that won't be good for large mammals like us," Professor Steffen

says. "People say the world is robust and that's true, there will be life on Earth, but Earth won't be robust for us."

While the newly anointed leader of the free world is refusing to face up to the threat that global warming poses, other leaders are committed to taking steps to combat it.

In the foreword to a new book, Climate Change, Prince Charles, heir to the British throne, describes it as the "wolf at the door" and the single biggest threat to life on Earth.

The book, which the prince co-wrote, details overwhelming scientific evidence that human activity triggered natural disasters such as the recent flooding in Britain.

Come hell or high water

The consequences we'll suffer if temperatures continue to rise are fourfold, says Peter Johnston, a climate scientist at the University of Cape Town. Firstly, human beings will struggle in the increased heat, agricultural crops won't grow, water might become scarcer and diseases and pests will thrive and be more difficult to control.

The poor will bear the brunt of these effects, he adds.

"We're literally living in a new age of consequence. We made our decision not to act fast enough on the burning of fossil fuels in the '70s and '80s and now we're

'If Earth is going to move to a warmer state ... it won't be good'



Scientists say we didn't act fast enough to stop burning fossil fuels in the '70s and '80s and now we're reaping the consequences.

reaping the consequences," Professor Midgley says. The possible radical effects of prolonged climate change will become apparent only in the latter part of this century, he adds.

Human civilisation is sensitive to climate variability. Most of our largest cities are located on coastlines. This exposes urban populations to extreme storms.

"As you release more energy into the atmosphere, storms will become more vicious. This, combined with higher sea levels, means cities are literally sitting in the path of destruction."

Professor Midgley cites Hurricane Irene, which hit New York in 2011, as an example of how the rich can quickly recover from natural disasters, while the poor are uninsured and vulnerable.

Will we survive?

History has shown that civilisations that rise and then stick to their core values without adapting may collapse, Professor Steffen believes. Some people say we can adapt because of technology, but he doubts that humans could survive a radical temperature change.

"There's no convincing evidence that a large mammal with a core body temperature of 37 °C will be able to evolve that quickly. Insects can, but humans can't."

Johnston disagrees. He says humans are accustomed to climate change and have already shown themselves capable of adapting. How else did people of

European descent, accustomed to cold and little sun, evolve so quickly to survive in a tough African climate?

"We're all going to die, but not because of global warming," he quips. "We're going to die sooner if we can't adapt to the changes of global warming, but it's a bit misleading to state that specifically this or that will happen."

HOMEGROWN HERO

Helping to unravel the forces behind El Niño, Earth's most powerful weather cycle, has won a coveted international award for Professor S George Philander, a South African-born scientist considered the founding father of modern physical oceanography.

He and American Professor Mark A Cane recently received the Vetlesen Prize (considered the Nobel Prize of the earth sciences) for their pivotal scientific contribution.

"Their work led to the practical forecasts of [weather] swings. Institutions worldwide now monitor warning signs to help prepare for crop planting, disease control and floods or droughts," Professor Cane's alma mater, the University of Columbia, said in a statement.

Professor Philander's parents were both teachers who hailed from Caledon in the Western Cape's Overberg district, where he was born in 1942.

The brilliant student obtained his bachelor's degree at the University of Cape Town (UCT) and subsequently moved to America

In South Africa climate scientists are already helping the government and private sector anticipate climate change. For instance, in the Western Cape, fruit farmers are receiving advice on how to grow their crops differently and adapt their irrigation practices. ■

EXTRA SOURCES: THEHISTORYMAKERS.COM, IDEO.COLUMBIO.ED, PHYS.ORG, NYTIMES.COM, THEGUARDIAN.COM, NASA.GOV

to escape the apartheid regime. In 1970 he earned a PhD in applied mathematics – based on research into equatorial ocean currents – from the prestigious Harvard University. He then enrolled at the Massachusetts Institute of Technology (MIT) as a post-doctoral fellow and eventually became director of atmospheric and oceanic sciences at Princeton University.

He's since returned to South Africa for a teaching stint at UCT, founded the African Centre for Climate and Earth System Science (Access) in Cape Town and remains a research professor at UCT and the Knox Taylor Professor of Geosciences at Princeton University.

"Global warming is a serious issue but science has its limits," is the professor's insight on the subject. "Our highest priority should not be doom and gloom, but addressing poverty and environmental justice. Earth is an amazing place – every time we make a new discovery about another planet, this one looks more exceptional. The only real prediction I can make is that we'll be surprised."

GALLO IMAGES/GETTY IMAGES, ISTOCK PHOTO, MAGAZINE FEATURES, ACHAZAI/EPA/REX/SHUTTERSTOCK, GREATSTOCK, PHOTOUSION/REX/SHUTTERSTOCK, GREATSTOCK

Cathrine Coetzee is still struggling to come to terms with losing most of her digits. **BELOW LEFT:** Her prosthetic fingers aren't comfortable so she rarely wears them.



I WOKE UP AND THEY WERE ROTTING

Cathrine lost seven fingers and nine toes after developing tick bite fever – and her prosthetics don't make life any easier

By ALMARI WESSELS Pictures: THEO JEPHTA

IT STARTED with a mysterious mark on her arm. Initially she thought it was a mosquito bite but she was wrong – after collapsing she was rushed to hospital where she lay semiconscious for weeks. When she eventually woke up she discovered to her horror that most of her fingers and toes were black and rotting. “They looked like an Egyptian mummy’s fingers,” she says.

Cathrine Coetzee (52) is still struggling to come to terms with the fact that she’ll never be able to go for pedicures and will probably never be able to paint again.

She used to spend many happy hours painting but not any more. After losing seven fingers and nine toes she had prosthetic fingers made at great expense but sadly she just couldn’t get used to wearing them so now her paintbrushes lie forgotten, gathering dust.

Once she delighted in French manicures but now she has only two thumbs and an index finger. She has just one toe left so her dainty sandals have had to make way for the takkies she lives in these days.

“I can’t describe what it’s like to wake up in hospital with your fingers and toes pitch black and dried out. But I can’t wish it away . . . Believe me, I would if I could,” says the homemaker and mother of three.

She’s chatting to us at the home of her parents, Annatjie (76) and Elroy Abbott (77), in Uitenhage in the Eastern Cape because there are fewer “distractions” here. For three years she’s been haunted by what happened and this is the first time she’s speaking about it in an interview.

“I hadn’t come to terms with it completely, perhaps because I wanted to sue

the doctors who treated me, but the claim failed and I realised I had to take control of my life again,” she says through her tears.

Medical experts who investigated Cathrine’s case on behalf of her legal team say the doctors who treated her weren’t negligent and diagnosed her correctly.

“The gangrene of the digits is a very rare complication of tick bite fever,” Dr Richard Muller, a medical legal consultant from Cape Town, wrote in a report. Cathrine was correctly diagnosed and treated, he adds.

HER traumatic ordeal began on 20 December 2013 when she noticed a mark on her arm that she dismissed as a harmless insect bite. Two days later she began to feel ill

ABOUT TICK BITE FEVER

Two types of tick bite fever occur in South Africa, says Dr Jantjie Taljaard, head of the Centre for Infectious Diseases at Stellenbosch University. The first type is quite common and is picked up from parasitic ticks found on pets. In a small percentage of people this can cause serious illness (resulting in organ failure, among other things).

The second, less serious illness is a result of being bitten by ticks found on wild animals.

Dr Taljaard advises that you see your doctor as soon as you think you might have tick bite fever. "Between five and 10 days after you've been bitten by a tick you become feverish and experience headaches, muscle pain and a measles-like rash that's a definite sign of tick bite fever."

The antibiotics for tick bite fever are effective, inexpensive and have few side effects.

How to prevent it

- Treat your pets regularly with a product that controls ticks.
- Use a tick repellent when you go hiking.
- Always check for ticks after hikes and remove any before the mouth parts become embedded in your skin.

and when she fainted her husband, Johan (58) – a technician with Eskom – rushed her to hospital.

When she was discharged her family doctor prescribed antibiotics for the tick bite. From two hours after taking the pill she remembers nothing.

"I told Johan I felt as if I was dying and we raced to hospital," she says emotionally, her blues eyes staring straight ahead.

When she got there doctors realised her organs were starting to shut down. Her memory of her time in hospital is vague so she relies on Johan's description of events. Hospital records show Cathrine was admitted on Christmas Day and discharged on 14 January. She says she felt as if she'd been in a coma for those three weeks.

"When I woke up the first thought that

came into my head was: life will be bittersweet."

Dazed and confused, she noticed her hands were wrapped in bandages. Her husband explained she'd developed gangrene – when her organs failed blood stopped circulating, causing tissue to die in her hands and feet.

"My fingers were black and dried out," Cathrine says tearfully. Only one toe remained; all the others were black stumps.

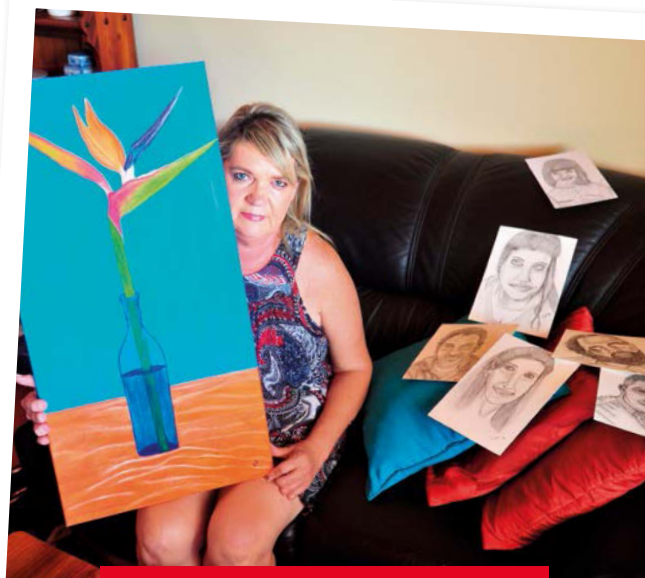
After this life was tough for Cathrine and her family.

"I was bedridden most of the time. I had to learn to walk again and couldn't even bath myself. Johan had to go back to work and for the first three months my mom looked after me," she says. "Johan always tries to placate me, saying things will get better, but deep inside it feels like I'm walking into a wall time and again. I was broken and I still am."

Cathrine was meant to wait for the dead digits to drop off naturally but she couldn't cope living with the "terrible black stumps" so in April 2014 she had seven of her fingers and nine of her toes amputated.

"I thought it would be better to have them amputated while I was unconscious. I couldn't face waking up one morning with a dead thing lying next to me. I believe in God and prayed a lot about this but deep inside me I knew it would never get better."

HANGING on a wall in her parents' home is a cheerful painting Cathrine made before the terrible events of December 2013. "I was so passionate about art but I lost all interest in it," she tells us.



She used to love painting but lost her passion for art because her prosthetic fingers aren't as deft as her real ones.

Medical aid covered the R100 000 cost of her prosthetic fingers but they turned out to be not as deft as her old hands so she seldom uses them.

"If I bend them you can see they aren't my natural fingers," Cathrine explains. "I've lost a lot of weight so they're loose. I can't wear them for long stretches because it becomes painful."

Cathrine was hoping to get prosthetic toes but is now on a new medical aid that doesn't offer any cover for this.

"I often say I don't want to go on like this any more, that I'd rather have died than end up like this."

Her sons, Jonathan (31), Benjamin (28) and Nicholas (21), are also having a hard time accepting what's happened to their mom.

She used to have so much energy and was a keen hiker but now she can no longer do simple things such as kicking a ball with her grandson, Nathan (8), opening bottles or washing the dishes.

But three years on there's light at the end of the tunnel. She says she's ready to put the past behind her and wants to go

for counselling so she can look ahead.

"I've been living in a bubble for three years," she says. "I feel safe here but I can't live in isolation forever. It has a negative effect on my marriage and I'm pushing away those who love me. I want to be the happy person again that I used to be." ■



She was horrified when she woke up to discover her fingers were black as a result of gangrene.



MIDDLE LEFT and LEFT: Nine of Cathrine's toes were amputated because of the gangrene and she had to learn to walk again.

HE THOUGHT he had the industry waxed after sailing through the theory part of his agricultural diploma. All that remained was to gain first-hand experience in the field and he'd be milking it as a farmer in no time. How hard could it be?

But Tshildizi Matshidzula soon realised the practical side of dairy farming was no bakkie ride.

"Jeez, I thought I knew it all back then," he says, laughing. But Tshildizi (28), who studied animal production at Tshwane University of Technology, has come a long way since then – and now he really is on his way to knowing it all.

Chilli, as his friends call him, has several impressive awards to his name, which he displays proudly in his office on the farm Little Barnett that he runs near Alexandria in the Eastern Cape. Among them is the award for the Eastern Cape's Toyota young farmer of the year and the Mangold trophy, a prize awarded by the Bathurst Conservation Committee for the best-conserved farm in the region.

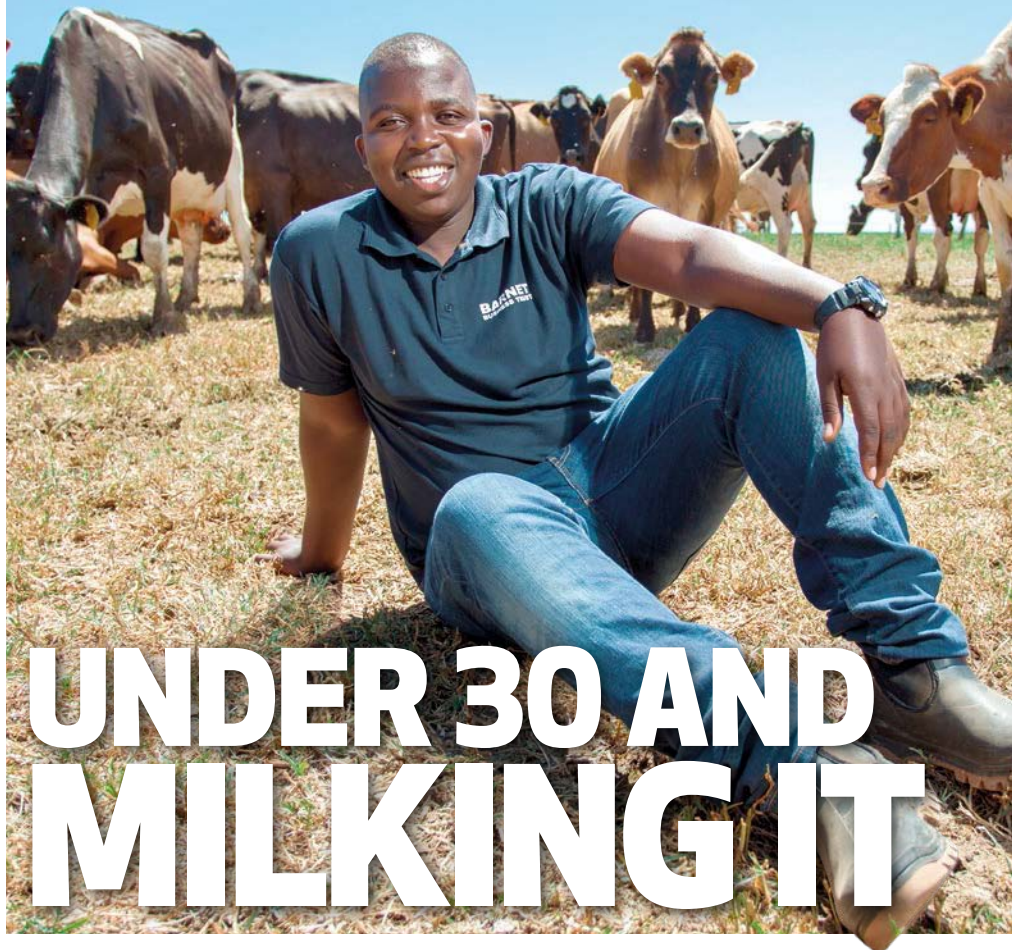
Both prizes were awarded last year, cementing Tshildizi's status as one of the country's finest up-and-coming farmers.

The young guy from Limpopo who turned a ramshackle business into a thriving enterprise is making quite a name for himself.

He's learnt a lot in the 10 years since he was a cocky student, he says.

"The biggest lesson I learnt when I started in the dairy business is that people come and go but principles remain," he says.

His mentor, Walter Biggs



– a prominent Eastern Cape farmer who took Tshildizi under his wing as a student – drilled this philosophy into him, telling him to "stick to the plan no matter what".

Tshildizi's plan was to transform a run-down beef cattle farm – formerly man-

aged by a trust that bought the land with a government grant – into a commercial dairy farm.

"When I started here there was nothing – only beef cattle. Now we have 975 dairy cows; I developed this farm from zero," he says proudly.

Under his stewardship Little Barnett now boasts an annual turnover of R14,5 million – and Tshildizi's success has helped to dispel the perception that commercial farming is largely the domain of white men.

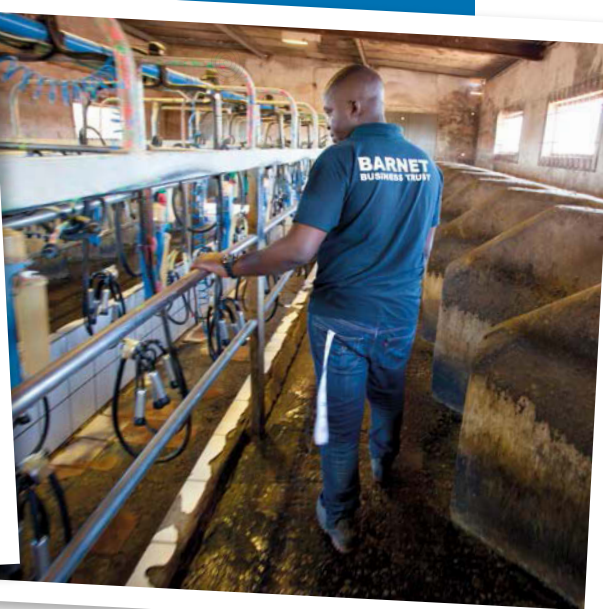
He met some initial resistance from older farmworkers when he took over – they'd only ever worked for white farmers and were sceptical about this new guy's ability.

"I could understand where they were coming from," Tshildizi says.

"They'd never been led by a young, black guy before and they'd been working on this farm for decades.

"We knew getting young blood in would be a challenge as these guys had no dairy experience and we work with expensive machinery, but we decided to go through with it and it was one of the best decisions we ever made."

BELOW LEFT: Tshildizi Matshidzula and assistant manager Wezile Dyanti discuss daily operations at Little Barnett farm near Alexandria in the Eastern Cape. **BELOW:** Tshildizi gets up with the cows at 3.30 am.





Tshilidzi helped to transform a rundown farm into a successful dairy concern – and the rewards are great

By ALMARI WESSELS
Pictures: EWALD STANDER



Farming is his passion and Tshilidzi has raked in many accolades. He received a trophy (ABOVE RIGHT) for being a finalist in the 2016 Toyota young farmer of the year competition and the cup (ABOVE) for winning in the Eastern Cape category.

THE road to Little Barnet is a picturesque drive through the rural areas surrounding Alexandria, but Tshilidzi, dressed in a navy shirt displaying the farm's logo, views the landscape with a trained farmer's eye.

"It's very dry," he says. "This is the toughest year we've ever had."

So just how did a young man from Thohoyandou in Limpopo become a successful dairy farmer in the Eastern Cape?

"I was drawn to farming by a family friend who was a farmer and I've been interested in it since high school," he says. "Farming is extremely rewarding – you do something today and you could see the results by tomorrow."

His dad, Chris (51), a school principal, and mom, Esther (48), a banker, are extremely proud of his accomplishments and visit their eldest son "all the time", Tshilidzi says.

He started his practical internship on a farm near Cookhouse some 160 km north of Alexandria in January 2007 but jumped at the chance to join Walter in a share-milking venture later that year.

"The farm I was being trained at was a well-oiled machine but I knew the experience of starting something from scratch would be priceless," he says.

Tshilidzi bought 40 percent of the enterprise after the cash-strapped beneficiaries of a land reform initiative were desperate to sell. The Land Bank granted him a loan and two of the original trustees retained 60 percent.

Tshilidzi is the general manager – overseeing daily operations – while Walter fulfils the role of CEO, focusing on long-term goals and objectives. Daily operations include Tshilidzi getting up with the cows at 3.30 am to start the milking process and spending his afternoons cultivating the livestock's pasture.

Fourteen permanent workers and two students also work on the farm – Tshilidzi is passionate about training prospective farmers.

HE HAS no intention of resting on his laurels now that Little Barnet is a productive operation. "After we reach capacity with the number of animals on the land our next goal will be to become more efficient and improve the existing business," he says as

'My biggest asset isn't my shares in this farm but the skills I've acquired'

we walk across the land where a new, fully computerised dairy is being built.

Tshilidzi lives here alone – he has a girlfriend but she "does her own thing", he says.

If he were the minister of agriculture, what would he do to encourage young black farmers to enter the farming fray?

"Black farmers rely too much on government," he says. "If they've already given you land you can't expect them to get you animals and develop the property too. How will you learn and gain knowledge?"

"People think anyone can farm just because you grew up with a few cows in the yard but it doesn't work like that – there are no short cuts.

"You have to acquire the right skill, you have to be properly trained and you've got to be equipped with the right resources otherwise you'll fail. Get a partner to help you, someone who's already been down the road."

Yet he adds that young farmers who want to break into the business are being overlooked by officialdom when it comes to land reform.

"Many people I know are trying their best – they've completed their tertiary education and were trained by good mentors but they're not getting opportunities, while the government is handing out farms to older men and young, hungry men are overlooked – it's costing us."

Of all the prizes he's won, there's one Tshilidzi values most: the floating Tommy Thompson trophy for the best member of the region's study group. The group, where farmers discuss agricultural matters and share their insights with one another once a month, is a serious matter.

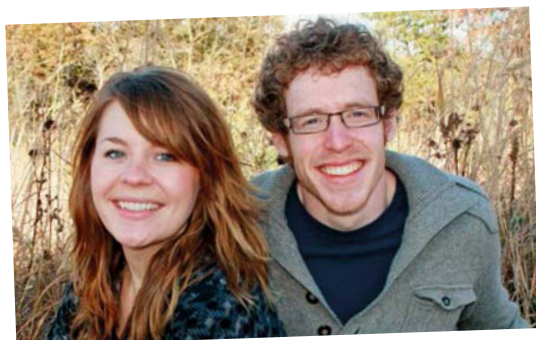
"Yoh, yoh, yoh," he exclaims. "You don't miss study group!"

Winning the floating trophy and being recognised by his peers meant a lot to Tshilidzi.

"My biggest asset isn't my share in this farm but the skills I've acquired. I can move anywhere in the world and nobody can take that away from me."

His long-term goal is to get to the point where Walter says, "Right, this is your ship – take it."

And to achieve that Tshilidzi will keep at it, giving everything to the dairy business until the cows come home. ■



FAR LEFT: Johanna and Scott Watkins in 2012 before her rare disease made her allergic to his scent. **LEFT:** In early 2016 when they could still be in the same room.

ALLERGIC TO MY HUSBAND

Johanna can't be in a room with Scott, let alone touch him

Compiled by LINDSAY DE FREITAS

WHEN Johanna and Scott Watkins enjoy a night in, binge-watching their favourite TV series, they don't cuddle up on their couch. Instead she lies alone in her bedroom while he sits three floors below and they communicate with each other by text message.

Weird? For sure, but the American couple don't have any other choice – Johanna (29) is so allergic to her husband that being in the same room with him could kill her.

She suffers from a severe form of mast cell activation syndrome (MCAS), which means the cells that should be protecting her from outside threats instead mutate and attack her body.

The rare condition affects roughly one in every 150 000 people and symptoms and severity vary from patient to patient. For Johanna, it means being allergic to virtually everything – even the scent of her husband of four years – and if she's exposed it could send her into life-threatening anaphylactic shock.

"It attacks my throat and my lungs and I start coughing and I can't stop," she explains. "Then my vision will completely blur and my throat will become tight like Darth Vader is doing a chokehold on me."

The former school teacher is chronically allergic to hundreds of things, in-

cluding many foods, environmental triggers such as pollen, natural chemicals and body odours. She can eat only 15 kinds of food and spends all day in an attic bedroom of her home in Minnesota.

"Johanna hasn't left her room in a year except to go to hospital," Scott (29) says. "The only way we've kept her alive is through extreme precautions – her room has an airlock on it and multiple HEPA filters [air purifiers] and her windows are covered because even UV light can cause her cells to trigger. It really is crazy."

SCOTT says from the moment he met Johanna five years ago he knew they were meant to be together. "She was a Grade 1 teacher and I was a Grade 2 teacher, so it really was destiny. We noticed each other right away."

Back then she was already struggling with unusual rashes, irritable bowel syndrome and migraines – and these symptoms worsened after they got married in 2013. Eventually two years later, after countless misdiagnoses, Johanna was told she has MCAS, a condition that was discovered only nine years ago.

Scott says they were so relieved to finally get a correct diagnosis they both burst into tears. "She'd thought for the longest time that she must be going crazy."

But their relief was short-lived. Until last year, despite all her allergies, she and Scott were still able to be in the same

room. But then one day, out of the blue, everything changed.

"We'd noticed that when Scott would come in [to the room] I'd start feeling worse and worse. My normal daily symptoms would just be aggravated," Johanna says. "Then at one point he went to get his hair cut and came back in the room and within two minutes I'd started my anaphylactic symptoms and he had to leave."

The only people she can be in close proximity to now are her siblings – but as soon as they walk in they have to don masks and special clothes that have never left her room.

Johanna keeps busy by listening to her favourite music, emailing friends and video-calling her young nieces.

She's tried various treatments, including four rounds of chemotherapy, but nothing has helped.

"It's been almost three years since that diagnosis, and my daily life is so abnormal it borders the realm of sci-fi," she says. "My husband can't share a room with me. He can't even safely touch me."

Yet, despite their tragic circumstances, the couple are committed to making their marriage work.

"It's been very painful... but when you can't see the person you love, you have to do things more intentionally," Scott says. "Through this, my love for my wife has grown." ■

SOURCES: THEGOSPELCOALITION.COM, PEOPLE.COM, FOX9.COM, BBC.COM

LOVE is in the air this VALENTINE'S DAY



PLUSH LOVE BEAR
15cm
49⁹⁹



PICTURE FRAME WITH WORDING
Assorted; Plastic;
10 x 15cm photo
39⁹⁹



MILLS & BOON NOVELS
Assorted; Single titles
29⁹⁹ each



CHOCOLATE LOLLY
Heart shaped; 25g
14⁹⁹ each



HELIUM LOVE BALLOON
81 x 91cm; Excludes helium fill; Helium available in selected stores
49⁹⁹



WALL PLAQUE WITH WORDING
3 Assorted designs;
25 x 10cm
49⁹⁹



HIS AND HERS WINE GLASSES
Set of 2
99⁹⁹



LOVE THEMED MUGS
Assorted designs
17⁹⁹ each



LOVE MUG WITH PLUSH
Includes themed box;
Assorted designs; Pack of 2
39⁹⁹ each



GIANT VALENTINE'S DAY CARDS
Includes envelope;
24 x 36cm
24⁹⁹ each



Don't forget Valentine's Day Tuesday 14th February!



Spoil the one you love in all 295 stores nationwide!

Offers valid from 30 January - 14 February 2017. While stocks last. All promotional prices include any discounts and reductions. **Need to talk to us?** Call us on 0861 111 281



RCS cards accepted in all SA stores



/TheCrazyStoreSA



/TheCrazyStore



www.crazystore.co.za



SAY IT WITH **CHOCOLATE**

Show your love this Valentine's Day by making one of our tempting desserts

Recipes & styling: **ESTHER MALAN** Pictures: **MEGAN MILLER**

SYRUPY CHOCOLATE CAKE

This baked treat is rich and delicious.

SERVES 2

Preparation: 15 min

Cooking: 25-30 min

CAKE

- ▶ 375 ml (1 ½ c) cake flour
- ▶ 180 ml (¾ c) sugar
- ▶ 60 ml (¼ c) cocoa powder
- ▶ 5 ml (1 t) bicarbonate of soda
- ▶ 125 ml (½ c) oil
- ▶ 15 ml (1 T) vinegar
- ▶ 5 ml (1 t) vanilla essence
- ▶ 250 ml (1 c) boiling water

ICING

- ▶ 200 ml boiling water
- ▶ 125 ml (½ c) sugar
- ▶ 30 ml (2 T) butter
- ▶ 25 ml (5 t) cornflour
- ▶ 30 ml (2 T) cocoa powder
- ▶ 5 ml (1 t) vanilla essence
- ▶ pinch of salt

Preheat the oven to 180 °C. Grease a small, deep cake tin (about 15 cm wide and 20 cm high) well with nonstick spray.

1 Cake Mix the cake flour, sugar, cocoa powder and bicarbonate of soda in a mixing bowl and make a hollow in the middle. Whisk the rest of the ingredients together well and pour gradually into the dry ingredients, whisking until the batter is just mixed (don't overmix).

2 Pour the batter into the prepared cake tin. Bake for 25-30 minutes or until a skewer inserted in the middle of the cake comes out clean.

3 Icing Whisk all the ingredients together in a small saucepan and heat until the sugar has dissolved.

4 Turn the cake out onto a serving platter. Pour the icing over while the cake and icing are hot.





< VANILLA CHOC ICE CREAM WITH STRAWBERRY SYRUP

SERVES 4-6

Preparation: 20 min

Chilling (condensed milk): overnight

Freezing: 3 hours or overnight

Cooking: 15 min

ICE CREAM

- ▶ 1 can (385 g) condensed milk
- ▶ 5 ml (1 t) vanilla essence
- ▶ 1 can (380 ml) unsweetened evaporated milk (chill overnight in the fridge)
- ▶ 60 ml (¼ c) chocolate syrup

STRAWBERRY SYRUP

- ▶ 6 strawberries, roughly chopped
- ▶ 30 ml (2 T) sugar
- ▶ 5 ml (1 t) lemon juice
- ▶ 30 ml (2 T) water

silicone muffin mould or metal muffin tin or eight individual moulds on a baking sheet.

1 Ice cream Pour the condensed milk into a mixing bowl. Fill the empty condensed milk can with water and add to the bowl along with the vanilla essence. Mix well.

2 Whip the chilled evaporated milk until stiff and fold into the condensed milk mixture.

3 Drizzle the chocolate syrup into the muffin hollows.

Spoon the ice cream mixture over the chocolate syrup and freeze for at least 3 hours or overnight until set. Freeze the rest of the ice cream mixture for later use.

4 Strawberry syrup

Heat the ingredients in a small saucepan, stirring continuously, until the sugar has dissolved. Simmer for 10 minutes. Mash the strawberries and set aside to cool.

5 To serve Turn the ice creams out, spoon the syrup over and serve immediately.

TIP On a hot day, keep the serving plate cool with ice cubes. Chocolate sauce or melted chocolate can be used instead of the strawberry syrup.

CARAMEL CHOCOLATE KISSES >

These dainty treats are perfect for Valentine's Day – the name says it all.

MAKES ABOUT 12 KISSES

Preparation: 30 min

Cooking: 10-12 min

Chilling: 1 hour

COOKIES

- ▶ 2 egg whites
- ▶ 60 ml (¼ c) golden syrup or honey
- ▶ 250 ml (1 c) desiccated coconut

FILLING

- ▶ 1 can (385 g) caramel condensed milk

TOPPING

- ▶ 80 g chocolate, melted

paper and grease with nonstick spray.

1 Cookies Whisk the egg whites until light and fluffy. Add the golden syrup or honey and whisk until stiff. Add the coconut and mix well.

2 Shape the mixture into walnut-size balls and arrange on the prepared baking sheet. Press a hollow into each cookie and bake for 10-12 minutes or until done. Arrange on a wire rack and allow to cool completely.

3 Filling Put a spoonful of caramel condensed milk on each cookie.

4 Topping Drizzle the melted chocolate over the kisses and chill until set. Store in an airtight container. (Turn over)



Preheat the oven to 180 °C. Line a baking sheet with baking

SUMPTUOUS MOCHA ICED COFFEE

Don't like sweet desserts? Try our chocolate iced coffee for the perfect end to your Valentine's Day meal.

SERVES 2

Preparation: 15 min

COFFEE

- ▶ 30 ml (2 T) sugar
- ▶ 30 ml (2 T) cocoa powder
- ▶ 30 ml (2 T) coffee
- ▶ 45 ml (3 T) whisky or brandy (or water)
- ▶ 500 ml (2 c) boiling water

TO SERVE

- ▶ handful of ice cubes
- ▶ 125 ml (½ c) whipped cream (slightly sweetened if you like)
- ▶ small sweet biscuits, caramelised popcorn and/or chocolate

1 Coffee Mix the sugar, cocoa powder and coffee well. Add the whisky or brandy (or water) and mix well. Add the boiling

water a little at a time and whisk until the sugar has dissolved. Allow to cool completely.

2 To serve Fill two glasses with ice and pour in the coffee mixture.

3 Top with whipped cream and decorate each glass with small sweet biscuits, caramelised popcorn and/or chocolate. Serve immediately.



PUDDING WITH A WARM HEART

Make that special someone feel like royalty with this delectable treat.

SERVES 2

Preparation: 15 min

Cooking: 25 min

- ▶ cocoa powder to dust
- ▶ 1 slab (80 g) dark chocolate, roughly chopped
- ▶ 90 ml (6 T) butter
- ▶ 125 ml (½ c) brown sugar
- ▶ 2 eggs
- ▶ 30 ml (2 T) cornflour
- ▶ pinch of salt
- ▶ cream or ice cream

Preheat the oven to 180 °C. Grease two ramekins or moulds with butter and dust with cocoa powder.

1 Melt the chocolate and butter together in a small saucepan. Remove from the heat and set aside.

2 Whisk the sugar and eggs together and pour into the chocolate mixture, whisking all the time. Sift the cornflour and salt over and mix in lightly.

3 Spoon the mixture into the ramekins or moulds and bake for 15-17 minutes or until the crusts have set (the middle must be fluid).

4 Loosen the sides of the puddings from the ramekins and turn them out onto plates. Serve with whipped cream or ice cream. ■

TIP The batter can be prepared a day or two in advance. Prepare the pudding until the step just before baking, cover with clingfilm and chill until needed. Bake the puddings just before serving.

RELAX AND HAVE FUN!

**ONLY
R49**

YOU Leisure is a new magazine for adults filled with gorgeous colouring pages, mazes and dot-to-dot drawings, all with a South African theme. It's just what you need to de-stress after a busy day!

HOW TO ORDER



CALL

021-406-4962

**YOU
SHOP**

GO TO

youstore.co.za and
order your copy online



R49 (VAT included)
R51.50 (other countries)
N\$51.50 (Namibia)



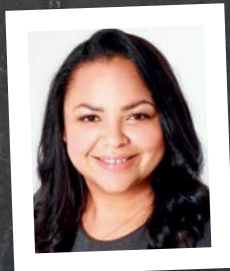
COLOURING • CONNECT THE DOTS • MAZES • HIDDEN PICTURES

DINNER FOR 2

Make this special but oh-so-easy meal for you and your loved one

By CARMEN PETERSEN Styling: CARMEN NIEHAUS

Pictures: MISHA JORDAAN



WHY break the bank this Valentine's Day when spoiling the one you love? This menu is pocket-friendly, easy to prepare and classy.

LETTUCE BOATS WITH GOAT CHEESE, SMOKED TROUT, PICKLED RED ONION AND DILL

Simplicity is key with this tangy and tasty starter.

Preparation: 20 min

Chilling: 12 hours

Cooking: 15 min

PICKLED ONION

- ▶ 1 small red onion, sliced
- ▶ 125 ml (½ c) water
- ▶ 15 ml (1 T) honey
- ▶ 2 ml (½ t) salt
- ▶ 60 ml (¼ c) apple cider vinegar

LETTUCE BOATS

- ▶ 50 g goat's milk cheese
- ▶ 30 ml (2 T) plain double-cream yoghurt
- ▶ 2 ml (½ t) olive oil

- ▶ 5 ml (1 t) chopped fresh dill
- ▶ salt and freshly ground black pepper
- ▶ 300 g mini Cos lettuce
- ▶ 100 g fresh smoked trout
- ▶ extra chopped dill

1 Pickled onion Put the onion in a sterilised jar. Heat the water, honey and salt in a saucepan over medium heat and stir until well combined. Add the vinegar to the hot mixture, stir and pour over the onion. Allow to cool to room temperature, cover and store in the fridge for at least

12 hours or until the onion has turned completely pink.

2 Lettuce boats

Whisk together the goat's milk cheese, yoghurt, oil and dill until well combined and fluffy. Season with salt and pepper.

3 Separate the lettuce leaves and fill the stem end of each with about a tablespoon of the cheese mixture. Roll up a small piece of the trout into the shape of a rose and place on the cheese. Repeat with the rest of the ingredients.

4 Garnish with pickled onion and sprinkle the extra dill over.



MENU

SERVES 2

STARTERS

- Lettuce boats with goat's cheese, smoked trout, pickled red onion and dill
- Cold beetroot soup

MAIN COURSE

- Blue cheese crusted pork fillet with pink peppercorn sauce
- Strawberry & broccoli salad

DRINK

- Sparkling candyfloss

LETTUCE BOATS WITH GOAT'S MILK CHEESE, SMOKED TROUT, PICKLED RED ONION AND DILL

t - teaspoon/s T - tablespoon/s c - cup/s



COLD BEETROOT SOUP

This soup has an Asian twist and is hot and cool at the same time.

Preparation: 15 min

Cooking: 1 hour

- 200 g beetroot
- 15 ml (1 T) olive oil
- 1 garlic clove, crushed
- 1 red chilli, chopped (optional)

- 5 ml (1 t) red Thai curry paste
- juice of ¼ lemon
- 400 ml (1 can) coconut cream
- salt and freshly ground pepper
- fresh coriander

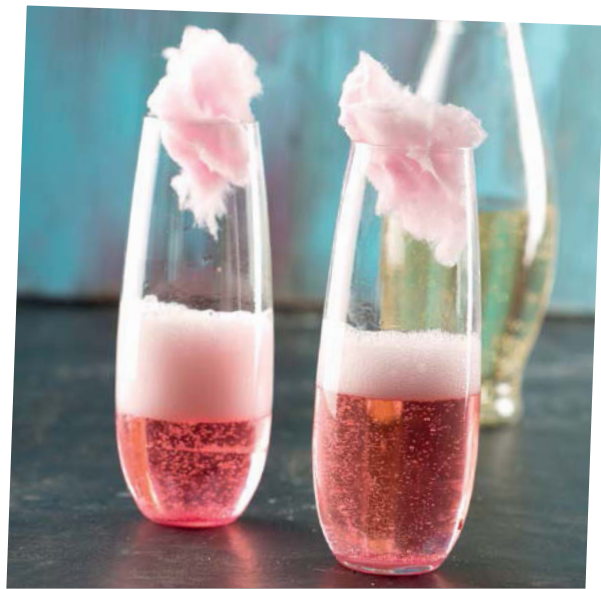
Preheat the oven to 180 °C.

1 Scrub the beetroot, arrange on a baking

sheet and drizzle the oil over. Roast for an hour or until soft then cool completely. Peel and cut into quarters.

2 Put the beetroot and the remaining ingredients in a blender or use a stick blender and blitz until smooth. Serve with fresh coriander.

TIP For the drinks, pour sparkling grape juice into fancy glasses and garnish with pink candyfloss.



(Turn over)

GLUTTEN or GLUTEN-FREE

From
restaurants



to
health shops

and everything in between.

Connecting you.



Yellow Pages

Local Reliable Results



phonebook



app



10-11-8



mobile

www.yellowpages.co.za



SPARKLING CANDYFLOSS

STRAWBERRY & BROCCOLI SALAD

BLUE CHEESE CRUSTED PORK FILLET WITH PINK PEPPERCORN SAUCE

BLUE CHEESE CRUSTED PORK FILLET WITH PINK PEPPERCORN SAUCE

Preparation: 15 min

Cooking: 15 min

- 400 g pork fillet
- pink salt
- freshly ground pepper
- 15 ml (1 T) butter

CRUST

- 50 g blue cheese
- 125 ml (½ c) breadcrumbs
- 2 sage sprigs, chopped
- 50 g butter, melted

SAUCE

- 30 ml (2 T) butter
- 5 ml (1 T) olive oil
- 15 ml (1 T) pink peppercorns
- 2 garlic cloves, crushed
- 125 ml (½ c) dry white wine
- 125 ml (½ c) cream, whisked with 2-3 ml (½ t) cornflour
- salt

Preheat the oven to 200 °C.

1 Season the pork with pink salt and freshly ground

pepper. Add the butter to a hot pan and sear the meat for 30 seconds a side.

2 Crust Mix the cheese, bread-crumbs, sage and melted butter and press onto the fillet, making sure it's covered completely in the mixture. Transfer to a baking sheet and bake for 6-8 minutes.

3 Sauce Heat the butter, oil, peppercorns and garlic in a small saucepan over medium heat. Cook until the garlic is soft and caramelised.

Add the wine and cook for about 5 minutes or until reduced by a third. Reduce the heat, stir in the cream, season with salt and simmer for a minute. Keep warm until ready to serve.

4 Serve the pork with the peppercorn sauce and a strawberry and broccoli salad (recipe below).

STRAWBERRY & BROCCOLI SALAD

Preparation: 15 min

- 1 head of broccoli, cut into florets

DRESSING

- 60 ml (¼ c) mayonnaise
- 60 ml (¼ c) plain double-cream yoghurt
- 15 ml (1 T) lemon juice
- 2 ml (½ t) sugar (optional)
- 5 ml (1 t) poppy seeds
- salt and freshly ground pepper

SALAD

- 300 g fresh strawberries, sliced
- 60 ml (¼ c) diced red onion

- 1 wheel black pepper feta cheese, crumbled
- 60 ml (¼ c) flaked almonds, toasted

1 Steam the broccoli in the microwave for 4-5 minutes (it should still be crunchy). Let it cool completely.

2 Dressing Whisk the ingredients together well. Chill until ready to serve.

3 Salad Toss the broccoli with the rest of the salad ingredients. Pour the dressing over just before serving. ■

Naturally... you come first!



With today's fast-paced lifestyle, we often forget to put ourselves first and this is usually when your body tells you that it needs some support. For the sake of your health, why not take some time out. **Nativa Complex®** offers a comprehensive range of products which combine science and nature to suit your individual needs and they're colour coded to simplify your selection. The range includes products specifically targeting women's health. When it comes to keeping healthy, choose **Nativa Complex®**, your SUPPLEMENT SPECIALIST... it is that simple!

A few reasons to schedule 'Me Time'

1. You'll have better focus
2. You'll recharge your mind and body
3. You'll give back to your family
4. You'll be more productive
5. You'll enjoy self-discovery
6. You'll get a better night's sleep
7. You'll improve your mood



Health Made Simple™

joint & bone health

health support

brain health

urinary health

omega health

digestive health

women's health

men's health

NATIVA (PTY) LTD 260 Cradock Avenue, Lyttelton, Centurion, South Africa, 0157 • Tel: +27 (0) 12 664-7110 • Fax: +27 (0) 12 664-8031 • E-mail: health@nativa.co.za

Ask your SUPPLEMENT SPECIALIST • www.nativa.co.za • Customer Care Line: 0860 (NATIVA) 628 482

YANAT009/01



Use the Media24
3D app to scan
this page for easy
one-click shopping.

♥ OF THE HOME

These colourful, useful
items make it fun to
be in the kitchen

By SHELLY BERGH Picture: MEGAN MILLER

Silicone owl spoon **R49,95, Clicks**. Colander **R89,99, MRP Home**. Nest of steam pots **R525, Woolworths**. Cutting board **R319,95** and knife (part of a set with a cutting board) **R179, Pick n Pay**. Tea towel **R89,95 for 2, Woolworths**. Yellow lemon squeezer **R62,95** and pink timer **R74,95, Clicks**. Utensil nest **R650, Woolworths**.



> Pasta machine
R509, yuppiechef.com



> Silicone
pot lid R99,
Home Etc



< 28 cm ceramic-
coated frying pan
R329, Woolworths

✓ Apron
R129,99,
MRP
Home



✓ Canisters
R149 for 3, Game



> Whisk
R399,95,
Pylones



▲ Mug
R399,95,
Pylones

✓ Lemon
juicer
R59,
Home Etc



▲ Knife block
and board set
R499, @home

✓ Milan
cast-iron
casserole dish in
sky grey R849,
@home



< Sign
R89,99,
MRP
Home



> Cupcake
container
R39,99,
MRP Home



> Oven
mitt R59,
Home Etc



✓ Jamie Oliver terracotta roaster R399, @home



▲ Vegetable keepers
R140 for 3, Woolworths



< Scale
R249,95,
loot.co.za





IT'S A DATE!

Dress for romance in well-tailored
clothes in soft colours

By CHU & WAGHEEBA JANUARY Pictures: PEET MOCKE



Modern pastels
for him and her
radiate
sophistication

HER: Dress by Ronald Sassoon
**R899, spree.co.za/you. Sandals
R280, Exact. Necklace R599,
Accessorize. Watch R199, Exact.
Bag R450, Woolworths.**
HIM: Shirt **R220, Exact.** Pants
**R450, Woolworths. Jacket R1 099,
Queenspark. Shoes R399, Wool-
worths.**



Use the Media24
3D app to scan
this page for easy
one-click shopping.

> HER: Dress **R169,99, Jet.**
Sandals **R799, Woolworths.** Necklace
R149,99, MRP. Bangles **R110 for five** and
sunglasses **R89, Exact.** Clutch **R499,
Accessorize.** HIM: T-shirt **R69,95,
Ackermans.** Jacket **R1 099** and pants
R599, Queenspark. Shoes **R350,
Woolworths.** Watch **R199, Exact.**



(Turn over)

Off-the-shoulder
tops and dresses
are this season's
must-have items

HER: Dress **R799**, Woolworths.
Necklace **R130**, Truworths.
Sunglasses **R59,99**, MRP.
HIM: T-shirt **R150** and jacket
R1 899, Woolworths. Pants
R179,99, MRP. Watch **R199**
and sunglasses **R89**, Exact.





HER: Dress **R379, Miladys**.
Necklace **R150, Identity**.
Bag **R299, Exact**.
HIM: Shirt **R310, Exact**.
Pants **R179,99, MRP**.
Watch **R199, Exact**.

Keep your look
simple yet stylish
by wearing a
handbag and
dress in a
similar shade



HER: Dress
R150, MRP.
Necklace **R120**,
Identity. Bag
R399, Miladys.
HIM: Golf shirt
R399, Wool-
worths. Pants
R189,99, MRP.

STOCKISTS ACCESSORIZE 021-447-7718, ACKERMANS 0860-900-100,
EXACT 0860-005-439, IDENTITY 021-460-2400, JET 0800-203-925,
MILADYS 0800-310-290, MRP 0800-21-25-35, QUEENSPARK
021-460-9400, TRUWORTHS 021-460-2300, WOOLWORTHS
0860-022-002, **YOU** SHOP AT SPREE.CO.ZA/YOU (OR GO TO YOU
AND CLICK ON SPREE)

WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR.
YOU AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.

GO TO THE **YOU** SHOP AT
SPREE.CO.ZA/YOU OR GO
TO **YOU.CO.ZA** AND CLICK
ON SPREE FOR MORE
FASHION.



SAVE 30⁰⁰
ON ALL
PERFECT
FIT BRAS

2
PACK

T-SHIRT
BRAS

FROM

89⁹⁵



NOW AVAILABLE IN **BIGGER SIZES**



1. 2-PK SOFT CUP (B-G) FROM **159.95** 2. 2-PK BALCONETTE (A-F) FROM **139.95** 3. 2-PK MULTI-WAY (B-DD) FROM **119.95**
4. 2-PK T-SHIRT (A-E) FROM **89.95** 5. 2-PK NON-PADDED UNDERWIRE (B-G) FROM **119.95**

NO.1 FOR VALUE ALL SEASON



ninety9cents 212607E

• **NON-PADDED UNDERWIRE** • **T-SHIRT** • **BALCONETTE**
• **SOFT-CUP** • **MULTI-WAY**

COSY SLIPPERS



ANY 2 PAIRS

100⁰⁰

YOU SAVE 19⁹⁰

SELECTED ITEMS IN SELECTED STORES



Deals run from 2-15 February 2017. While stocks last. Available at selected stores only. For full Ts & Cs visit www.ackermans.co.za or the Ackermans App or dial *130*602# for more information. NCRCP 1638. Customer Care: 0860 900 100 (RSA) or +27 (0)21 928 1040 (foreign).

ACKERMANS



Use the Media24 3D app to scan this page for easy one-click shopping.

THE LOOK OF LOVE

Choose one of these four easily achieved looks for that hot Valentine's Day date

By NTHABISENG MAKHOKHA Pictures: PAPI MORAKE

SHOWSTOPPER

Dark hues create a dramatic look – whether over the top or simply enigmatic – that's sure to turn heads.

EYES Start by applying gold eyeshadow all over your upper eyelids and a light brown colour to the lower lash line. Then add a darker shade of brown to the crease and outer corners of the eyelids. Draw a thick, winged line for a more dramatic look.

FACE Apply highlighter to your cheeks and the bridge of your nose, then add

a dark shade of blush over the highlighter for a contoured look.

LIPS Line your lips and use lip balm as a base. Apply a dark lipstick.

HAIR Leave out a section of hair in the middle of your head and clip the rest to the back of your head. Pull long hair into a ponytail or bun. Spray the hair you've left loose with a holding spray at the roots so it doesn't fall flat (you can also tease it a bit). Pin the ends at the back, creating a pompadour in front.

YOU'LL NEED



Hannon Duo Eyeshadow For Brown Eyes **R145**

< Rimmel Lasting Finish By Kate Moss lipstick in Rossetto **R92,95**

> H&M hair claws **R39,95 for 4**

STOCKISTS GLOMINERALS 021-552-6999, GOSH 083-381-0710, HANNON.CO.ZA, H&M.HM.COM/ZA, JOICO EVERYTHINGHAIR.CO.ZA, L.A. GIRL AT CLICKS 0860-254-257, LANCÔME 0861-001-085, MAX FACTOR AT CLICKS 0860-254-257, REVLON 011-971-0812, RIMMEL 0800-463-446
WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR. YOU AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.



OLD-SCHOOL GLAM

Add vintage Hollywood glamour to your look with red lipstick and loose curls.

EYES Apply gold eyeshadow all over your upper eyelid, then blend in a brown colour on the outer corner of the upper lid and on the lower lash line. Add a subtle winged liner to finish off.

FACE Apply high-

lighter to your cheeks and the bridge of your nose.

LIPS Apply a red lipgloss for subtle colour or use a red matte lipstick.

HAIR Use a straightener to create loose curls. After the hair has cooled, gently brush the curls out with a wide-tooth comb. Spritz hair-spray on to hold the style if you like.

YOU'LL NEED



Revlon Triple Complex Styler in Wild Watermelon **R499**

GOSH Volume Lip Shine in Red Stiletto **R130**



Max Factor Masterpiece High Precision Liquid Eyeliner in Velvet Black **R295,95**



BARELY THERE

The fresh-faced look is trendy now. Use soft, natural shades close to your own skin tone to highlight your features. The look is perfect for a daytime date, such as lunch.

EYES Use a shimmering eyeshadow all over your eyelid and blend it outwards. Extend the colour towards the inner corners of your eyes.

FACE Apply highlighter on your cheeks and bridge of the nose and a little on your cupid's bow.

LIPS Apply a light lipgloss to make your lips look naturally plump.

HAIR Apply a product that helps to tame frizz and smooths your hair. This helps prevent fly-aways. Pull your hair into a bun or ponytail.

YOU'LL NEED

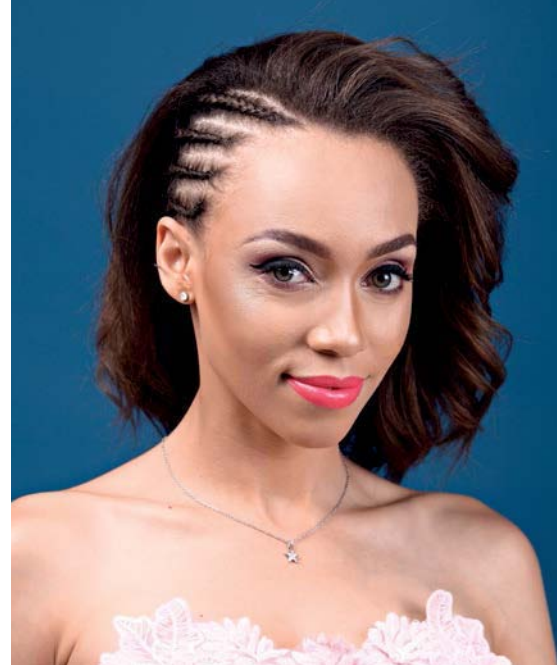


Lancôme Juicy Shaker in Berry Tale **R270**



L.A. Girl Velvet Blush Contour Stick in Glimmer **R99,95**

Joico Smooth Cure Thermal Styling Protectant **R190**



POP OF COLOUR

It's the barely there look with a little colour – just add eyeliner and brighter lipstick.

EYES Follow the same steps as the barely there look, but draw a winged line over your upper lash line and add more mascara to your upper lashes.

FACE Apply blush over the highlighter on your cheeks

so it looks like bronzer.

LIPS Apply a bright colour on your lips. Choose a glossy texture to really make it pop.

HAIR Make about four lines of cornrows or flat twists on one side of your head and pin them at the end so they don't unravel. Make loose curls with the rest of your hair.

YOU'LL NEED



H&M Hair Grips **R29,99 for 30**



Revlon Ultra HD Lipstick in Rose **R165**



GloMinerals Cream Blush in Fig **R305**

GROOMING hacks

Raid your pantry for these five household items and try these simple hacks to look, smell and feel your very best



LEMONS

- Freshen bad breath by gargling with a small cup of lemon juice to kill odour-causing bacteria in your mouth.
- Because of their antibacterial properties lemons are also great for treating acne and oily skin. Simply halve a lemon and squeeze the juice onto the affected area. Your blackheads and pimples should soon start to fade.
- Lemons also have bleaching properties and repeated application will lighten dark spots on your skin – just be sure to keep your lemon-treated skin out of the sun.



BICARBONATE OF SODA

- For a genius teeth-whitening hack mix water and bicarbonate of soda with crushed strawberries until the mixture forms a paste and rub it onto your teeth. Rinse your mouth thoroughly afterwards.
- No shampoo? No problem! For a natural deep-hair cleanse mix one part bicarb with three parts water, increasing the ratio for longer or thicker hair. Massage the solution into the roots and work towards the ends. Leave for one to three minutes and rinse with warm water.



VINEGAR

- Smelly feet? Soak your feet nightly in one part vinegar (white, brown or apple cider) and two parts water to eliminate odour-causing bacteria.
- Rinsing hair with apple cider vinegar after washing leaves it shiny, soft and restores the natural pH balance of the scalp.
- Out of toner for your daily face-cleaning regimen? Soak a cotton pad or cloth in diluted apple cider vinegar and dab onto your skin. Rinse with warm water and pat dry.



OILS

- Trendy coconut oil isn't only great for cooking – it's also a mean make-up remover. Place a few drops on a cotton ball and gently dab your face. The oil does a great job of breaking down waxy, inky eye make-up and doesn't leave your skin feeling dried out.
- For a deep-conditioning hair mask apply a coin-size dollop of coconut oil to your hair, comb it, tie it into a loose bun if it's long and go to bed. You'll need to put a towel over your pillow or sleep with a shower cap on your head. Wash thoroughly in the morning, style as usual and you're good to go – shiny hair and all.
- To strengthen weak, thin or peeling nails soak them in extra virgin olive oil for 10-15 minutes a day for a month, then twice a week thereafter.
- Soften chapped lips by rubbing them with olive oil two or three times a day to soothe, soften and lubricate. Your lips will feel better straight away and should be healed completely in a few days.



SALT

- For a simple antidandruff treatment make partings in your hair and using wet fingers gently massage salt into your scalp for 15 minutes.
- For an all-natural body scrub with extra zing mix coarse salt, lemon and olive oil.
- Salt and bicarb make for the perfect mouthwash when mixed with water.

SOURCES: WOMENSHEALTHMAG.COM, MINDBODYGREEN.COM, GURL.COM, HEALTH.COM, PREVENTION.COM, SHEKNOWS.COM





Enter the 27km, 10km & 5km run/walk by 5th of February 2017.

27 FOR FREEDOM FESTIVAL OF EVENTS

SAT
04 FEB '17
08H00 –
18H00

27 For Freedom
Rugby 7's
Tournament

DRAKENSTEIN MANAGEMENT AREA

SAT
04 FEB '17
08H00 –
17H30

27-minutes
aside Chess
Competition

DRAKENSTEIN MANAGEMENT AREA

MON - THURS
04-09 FEB '17
08H00 –
17H30

27 For Freedom
Arts Exhibition,
Open MIC Poetry
and Essay Sessions

DRAKENSTEIN MANAGEMENT AREA

WED
08 FEB '17
19H00 –
21H00

27 For Freedom
Memorial
Lecture

DRAKENSTEIN MANAGEMENT AREA

FRI
10 FEB '17
11H00 –
12H00

AVBOB donation
of Mobile Library
to Amstelhof
Primary School

AMSTELHOF PRIMARY SCHOOL

SAT
11 FEB '17
06H30 –
17H30

27 For Freedom
Race, Freedom
Concert & Chess
Exhibition Matches

DRAKENSTEIN MANAGEMENT AREA

SUN
12 FEB '17
15H00 –
17H00

Inter-
denominational
Gospel Afternoon

DRAKENSTEIN MANAGEMENT AREA

www.27ForFreedom.co.za

ENTER HERE!



correctional services
Department:
Correctional Services
REPUBLIC OF SOUTH AFRICA



Montis BlueStar
Financial Advisory Services
advised by @ Sanlam



FAST FIXERS

Small health niggles can still have a big impact on our lives – but sometimes the simplest tweaks can bring relief

YOU'RE not sick exactly. But you're definitely not firing on all cylinders either. Maybe your back is often sore, or you're having trouble sleeping. Perhaps you're plagued by headaches or just can't seem to shake that slightly anxious feeling. These are some of the common health concerns that throw us off our game.

You might feel it's not serious enough to require a visit to the doctor but nagging complaints such as these can wear you down.

There are things you can do to help alleviate the problem. Here are three easy fixes for some common health niggles.

EASE ANXIOUS THOUGHTS

Control your breathing

Getting your breathing under control is key when it comes to managing anxiety. Focus on gently making your breathing deeper, slower and more rhythmic. To help you do this, place your hands on your abdomen and push them out using your belly each time you inhale. This ensures you're taking nice deep breaths. It should only take about five minutes for you to start feeling better.

Get active

Anxiety is often the result of thoughts and worries swirling around your brain. Exercise is a proven anxiety reliever due to the neurochemicals it produces and because it distracts you from those thoughts. Half an hour of moderate exercise that increases your breathing and heart rate is a good way to respond to anxiety. Even a short brisk walk can help.

Distract yourself with touch

This helps you switch from a thinking mode to a sensory mode. It's a way to change gears and get you "out of your head". Slowly but firmly rub your upper arms or abdomen and focus your atten-



tion on the sensation for a few minutes.

SLEEP SOUNDLY EVERY NIGHT

Go to bed later

If you slept badly last night, you might feel desperate for an early night. But delaying your bedtime means you're more likely to fall asleep quickly and stay asleep, rather than lie awake for hours.

Give yourself an hour or so before bedtime to wind down

Put your phone and laptop away so the screen exposure doesn't mess with your sleep time. Avoid large meals and exercising too close to bedtime. For mild insomnia, herbal supplements such as valerian root or chamomile tea might help.

Reschedule that early-morning gym session

Exercise is important for good sleep and





ing the amount of caffeine you take in by first switching to black or green tea, because eliminating caffeine suddenly can cause headaches.

morning activity is better than exercising late at night, but don't trade sleep for exercise when you're feeling under par. You're unlikely to have a good workout if you're operating on too little sleep – so opt to sleep in instead.

STOP THOSE HEADACHES

Have something to eat or drink

If you've skipped a meal your pounding head could be due to low blood sugar, so grab a healthy snack. Dehydration is also a common cause of headaches and the answer might be as simple as having a glass of water. Caffeine is another remedy – especially for headaches caused by caffeine withdrawal! If you're trying to quit coffee, try slowly reduc-

Find your quiet place

Deep breathing for five or 10 minutes in a darkened room can work wonders for a headache. Daily meditation can also reduce your stress levels and relax your muscles to stop a headache in its tracks or prevent it occurring.

Check your posture

Sitting hunched in front of a computer screen for hours is a good way to bring on a headache. If you feel one coming on, stand up straight, then bend forward as if you're touching your toes and just hang there, gently swinging your upper body from side to side. Standing back up, loosen your neck and shoulders by taking hold of your elbows and lifting your arms above your head, stretching them back as far as is comfortable. If you work at a computer, try to do these exercises every 20-30 minutes. ■

BEAT BACK PAIN

Keep moving

It doesn't need to be serious exercise – even short walks can help because staying mobile might prevent underlying disc problems from getting worse and protect the muscles vital for back support.

Apply heat

If your back pain isn't due to injury, the problem is probably in your muscles. A heat pack or hot-water bottle will improve circulation, bring more oxygen to your muscles and soft tissue and help clear inflammatory chemicals that contribute to back pain.

Use a natural painkiller

Arnica is a natural anti-inflammatory and is often used to treat muscle aches, joint pain and bruising. A gentle rub with arnica oil might bring relief. There are also creams and ointments containing the extract of this plant, or you can use arnica tablets.

© LARRAINE SATHICQ/
GOOD HEALTH/BAUER
SYNDICATION/
MAGAZINE FEATURES

Skin loves oil.



Try oil after shaving. Oil supplements the skin's outer layer stripped away by the mechanical action of shaving, helping the skin maintain its critical barrier function. To learn how Lipidol is using oil to pioneer a fresh new way to look after skin, visit lipidol.com. Available at selected Clicks stores at the recommended retail price of R79.95.

YOUR MONEY SORTED



MONEY AND RELATIONSHIPS

By LETITIA WATSON

Send suggestions for topics and requests for info to yourmoney@you.co.za. We may answer your questions in this column but won't reply personally.

Love can wane if you and your partner aren't honest with each other about your finances

TRUST EACH OTHER

If you don't trust a business partner with the finances of your business, that business probably won't succeed. The same goes for marriages and romantic relationships where you have to manage a household. You need to be able to trust each other. Warning lights should go off if you're hiding debt or expenses from your partner. It's a good idea for couples to have a fee-based financial adviser – one you both trust – to look over joint finances, Craig Torr of Crue Invest says.

TALK ABOUT IT

Whether you're recently married or have been together for years, it's important that you talk about money. Make time to discuss your finances at least once a month. The sooner it becomes part of your routine, the better. It helps to have an agenda and work through it systematically. If you can't easily discuss money, try going to a pleasant or exciting place, Torr suggests. Or ask a financial adviser to guide you and keep the conversation on track.

BE INVOLVED

It's problematic if one person is a big spender and the other is frugal. This can happen if only one takes financial responsibility. You're both equally responsible for managing your finances and both need to understand your total income and expenses. Invest and plan together for saving goals, such as retirement. Divide expenses in proportion to your respective incomes. The person with the higher income should cover more of the expenses and their contribution to retirement, for example, should be higher.

SHARE THE RESPONSIBILITIES

You don't have to have a shared bank account. It's important that each of you still has their own bank account as a shared account can be frozen if one of you dies. You can still go through your bank statements together every month to determine your expenses, Torr says. You can open an extra account for household expenses to which both can contribute. Then each can keep some of your own money for personal expenses.

5 QUESTIONS ABOUT MONEY AND RELATIONSHIPS

- 1 Why use a fee-based financial adviser?** You pay a consultation fee to get advice and the financial adviser doesn't necessarily earn commission on your financial product. If you have a good relationship with an adviser, they can help you to build wealth throughout your marriage or relationship.
- 2 Why should I have my own credit card?** It's important because each individual has to build up their own credit record. Remember, if you misuse it to run up debt you can't repay you'll build a bad record for yourself.
- 3 What if only one of you has an income?** You're still a couple who should decide on money and finances together. The person who doesn't have an income also needs financial planning such as a retirement plan, savings and a will.
- 4 What do we do if family want to borrow money?** Together you need to set boundaries on what family members can expect – and stick to them. This way you can prevent unrealistic expectations and negative relationships in the long run.
- 5 Should I tell my partner if I make a big purchase?** Yes, when it comes to big purchases, make the decision together – if R500 or R5 000 is a big chunk of your joint income, it's important that a joint decision is made before you spend.

35% ARGUE ABOUT MONEY



Money is one of the most common relationship stressors, according to a survey by US company SunTrust Banks. Thirty-five percent of respondents said finances cause tension in their relationships. When making a big purchase over a certain amount, 64 percent said they'd ask their partner's advice, while 36 percent said they'd keep it to themselves regardless of the price.

TIP! Don't handle your joint finances emotionally. Instead view your money as you would that of a business.

GET HELP HERE

- Advice on financial services: fsb.co.za, mylifemymoney.co.za
- The Institute for Financial Planners for names of independently accredited advisers: fpi.co.za
- The National Credit Regulator: ncr.org.za

This would be a much better world if more married couples were as deeply in love as they are in debt

– AMERICAN WRITER EARL WILSON

**GO TO
YOU.CO.ZA
FOR MORE
FINANCIAL
ADVICE**



brings you

funeral²⁴ rights²⁴

Underwritten by Clientèle



Peace
of mind
in any event

Your favourite magazine, in association with Clientèle, brings you Funeral24 and Rights24. Affordable cover that you and your family can rely on.

funeral²⁴

sms **YOU** to **47024** and we'll call you back

Standard rates apply

From only
R99
per month

- **24-Hour** payout
- **24-Hour** funeral helpline
- **R240 airtime** when you claim
- More than **R110,000 cover** for a family of 5
- Cover up to **13 people on 1 plan**
- **Double payout** in the event of an accidental death

rights²⁴

sms **YOU** to **44962** and we'll call you back

Standard rates apply

From only
R140
per month

- **24-Hour** legal services
- **24-Hour Bail** assist benefit, up to R3,000
- A **nationwide** panel of attorneys
- Cover includes **uncontested divorce, CCMA referrals and contractual disputes**
- **R375,000** worth of legal services per year
- **Range of plans** for you and your family members

YOU is a title of Media24. Funeral24 is a trademark of Media24. Media24 is a Juristic Representative of Clientèle Life Assurance Company Limited, an authorised financial services provider and registered insurer, FSP15268. Funeral24 Plans are underwritten and administered by Clientèle Life. Rights24 is a trademark of Media24. Media24 is a Juristic Representative of Clientèle General Insurance Limited, an authorised financial services provider and registered insurer, FSP 34655. Rights24 Legal Plans are underwritten and administered by Clientèle General. Terms and conditions apply.



Clientèle

ASK DR LOUISE



Write to **Dr Louise**, PO Box 39410, Moreletapark 0044, or email info@drlouise.co.za.

HE FOOLED ME FOR 22 YEARS!

Q I got divorced two years ago after 22 years of marriage. My husband and I met as students but as he became successful and made lots of money he changed.

He wanted to drive the best car. He started hanging out with people he viewed as important and our old friends weren't good enough anymore. The simple things we used to enjoy became mundane for him.

My husband overstretched himself financially a few times and I bailed him out as I had my own income. Then I became ill and couldn't work for a while. During this time my husband went to Cape Town. He said it was for work but he never came back. He met someone else, fell in love and filed for divorce. He's now married to this woman.

My family says he just used me while I was earning money. I can't believe he was so unfeeling – he left me when I needed him most. I'm struggling to come to terms with how he could have fooled me for the 22 years we were married. Why could I not see through him?

Tersia, email

A Unfortunately money has the power to corrupt, and people whose self-esteem is dependent on how others view them are easily corrupted. When they become affluent they suddenly have many "friends" and are accepted into circles they weren't able to move in before. These things become important to them because they believe image, material wealth and influence are all that matters.

The bottom line is you and your ex-husband have different values. It sounds as if he no longer put any stock in the things that count in life – honest, unconditional love, real friends who support you no matter what and spending quality time with your loved ones.

Your ex-husband's values seem to depend on money and possessions. He didn't fool you. It appears he was quite open about it. But you probably looked past it because you loved him. Don't waste time or energy on it any more. Look at it this way – you can now make a fresh start as you're no longer trapped in his way of life.

WHY CAN'T I FIND THE RIGHT WOMAN?

Q Every time I find a new girlfriend I discover she has skeletons in her closet. I can't cope with it – it's happened with three girlfriends in a row now.

The first one was moonlighting as a prostitute because she simply liked "walking on the wild side". The second one told me after a few months of dating that she believes in open relationships and could never be satisfied with just one man. The third girlfriend cheated on me and when I found out she said she was simply trying to see if I really was the one for her.

I don't understand – is it the type of girl I choose (I like them to be sexy, attractive and bold) or the type of places where I meet them (usually at clubs)?

When I'm involved with a girl I spoil her to bits and go out of my way to be good to her but it doesn't seem to matter – that

still doesn't seem to be enough.
Phillip, email

A It wouldn't be fair to say women who are sexy, attractive and bold are unable to be faithful. It's also not the case that all women who go to clubs are promiscuous and can't be trusted.

Perhaps you're jumping into a relationship too quickly without really making an effort to get to know the woman first. It's important to spend time getting to know a potential partner first so you have some idea of whether you share the same values and the same ideas about a relationship.

It's wonderful that you spoil your girlfriend, but it should be reciprocated. A healthy, fulfilling relationship is a two-way street and both parties should go out of their way to be good to each other.

Getting involved with someone who simply enjoys taking without giving back – be it loyalty or emotional support – is a road to disaster.

'The secret of a happy marriage is finding the right person. You know they're right if you love to be with them all the time'

– AMERICAN AUTHOR AND CHEF JULIA CHILD

WILL HE ALWAYS CHEAT?

Q Is it true that once a man cheats on you he'll do it again and again?

My boyfriend cheated on me and asked me to forgive him. I decided I would forgive him but my friend tells me I'm being stupid because he'll simply do it again.

Nandi, email

A It doesn't follow that because a person has been unfaithful once it will happen again.

It often happens that a person is unfaithful without really thinking about the ramifications of their actions or of being caught out.


They don't realise how much heart-

ache it will cause or think about the long-term effects cheating can have on their relationship.

When they realise the trauma they have caused their partner and how they have damaged the relationship, they're often full of remorse and feel extremely guilty or even emotionally disturbed afterwards – enough for it to be a life lesson never to be repeated again.



It is true that there are people who are serial or habitual cheaters who keep doing it to feed their own ego; I believe these people are the exception rather than the rule.

Every person deserves a second chance, so try to give your boyfriend the benefit of the doubt – hopefully he's deserving of it.

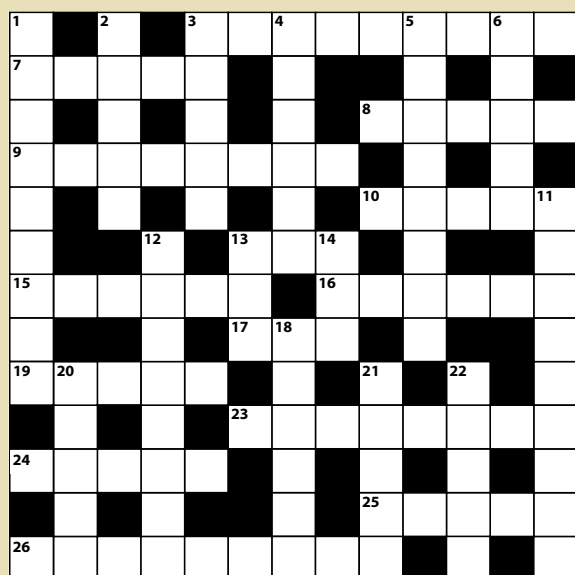
 If you get stuck ask other readers for advice on the YOU Crosswords Facebook page.

NO 1525

COMPILED BY BLANCA MOREL

Maintained		Sweetheart		Bring disgrace on		Tally Make very happy	Guys (slang) Lower limb	Bachelor apartment		... and outs		Muslim leader	Restaurant dancing show		Wellington boot	
				Downpour Drudge						Friendliest Motivate						
Collector's item		Confused Hardly ever						Causing gloom Place within							French emigrant	
					Discrimination Killed						More capable					
Impair	Dread Waterless					Trim Woman of rank					Cripple Poser					Agitate Bird's home
			Snow vehicle Steals (slang)				Plant part Equipment					Horse strap Not at all (2,3)				
Dynastic leader of a Chassidic sect						Unit of area Assegai			Isolated Chance (archaic)						Gaea Equally	
										Love-sick people Title						
US singer					Couple Savage			Over again Clothes pin					Animal doctor Nitramine			
	Jibe					First lady										
				Male sheep Buddy					Sense of taste Not many		Jap money Affectionate			Thallium (symbol) Heavenness		
	Steamship (abbr) Stool	Not tainted Style				Water dwelling insect			Show (archaic) Amiss Father							
Fully satisfy	Beast of burden Taut						Fish hawk Weight unit							As well String		US actress
				Over-indulgence												
Goodbye Cans					Slimmer Correct						Prepare for a hole (golf) (3,2)		Garden tool Anaesthetic (pl)			
			Heathen Santa's helpers				Edible grain Clergy member								Male sheep Shiver	
Beer barrel Sealed airtight Robber								Caught (fish) Odour								Recent Very tall
					Tell (a story) Stressed								Ice rain Oceans			
British PM until 1951 Beget		Dare devil Mouse cousin								Familiar with (4,2) Males						
			Reservoir Ytterbium				Boisterous prankster								Hafnium (symbol) Science fiction	
Basic To the stern					Functional time						Valuable thing					
			Wooden club				Technical support							Cook in oil Limits in size		

GALLO IMAGES/GETTY IMAGES



TWO-WAY TEASER

Two sets of clues but the answers are the same

CRYPTIC CLUES

ACROSS

- 3 Meaning in nervous strain, we hear (9)
- 7 It's exhausted, everything considered (3,2)
- 8 Friend meeting Ed went white (5)
- 9 Lass gave liberally in a gambling city (3,5)
- 10 Chase, clip or knife (5)
- 13 Look for the Pope's holy place! (3)
- 15 Fashionable friend of prisoner (6)
- 16 Punctual one will bring in the speaking clock (2,4)
- 17 Strike makes you brown (3)
- 19 As you're heard here, it's blue! (5)
- 23 Send down sappers to Papal envoy (8)
- 24 War vessel about to be blown up! (1-4)
- 25 Italian food loved by a doughnut? (5)
- 26 Sit down to win in a constituency (4,1,4)

DOWN

- 1 She's an expert in pump movements! (9)
- 2 Embarrassed reaction of student stuck in shrub (5)
- 3 List of contents you finger through? (5)
- 4 Angry speech I rated poorly (6)
- 5 Occasion for drinking, yet a trap when drunk (3,5)
- 6 Daisy for viewing by cow? (5)
- 11 Regret the time when a duty here is arranged (3,3,3)
- 12 Coach clocking miles on the road? (8)
- 13 It's fixed in a group (3)
- 14 No English goes back a long time (3)
- 18 A bit of poetry makes you unwilling (6)
- 20 Animal's crossing here (5)
- 21 Try and win over secretary with short time (5)
- 22 I'm dressing in thin fabric (5)

QUICK CLUES

ACROSS

- 3 Purpose or goal (9)
- 7 Completely exhausted (3,2)
- 8 Blanched (5)
- 9 US city famous for its casinos (3,5)
- 10 A daily (5)
- 13 Perceive with the eye (3)
- 15 A prisoner (6)
- 16 Punctual (2,4)
- 17 Brown in the sun (3)
- 19 Sky blue (5)
- 23 Demote team to lower division (8)
- 24 Submarine (1-4)
- 25 Disc of dough covered in cheese etc. (5)
- 26 To sit (4,1,4)

DOWN

- 1 A dancer (9)
- 2 Redden with embarrassment (5)
- 3 Alphabetical reference list (5)
- 4 A long angry speech (6)
- 5 Gathering with soft drinks (3,5)
- 6 Garden daisy (5)
- 11 Regret past bad deed (3,3,3)
- 12 Railway coach (8)
- 13 Group of objects that belong together (3)
- 14 An age (3)
- 18 Opposed (6)
- 20 Striped African animal (5)
- 21 Lure (5)
- 22 Cloth used as surgical dressing (5)

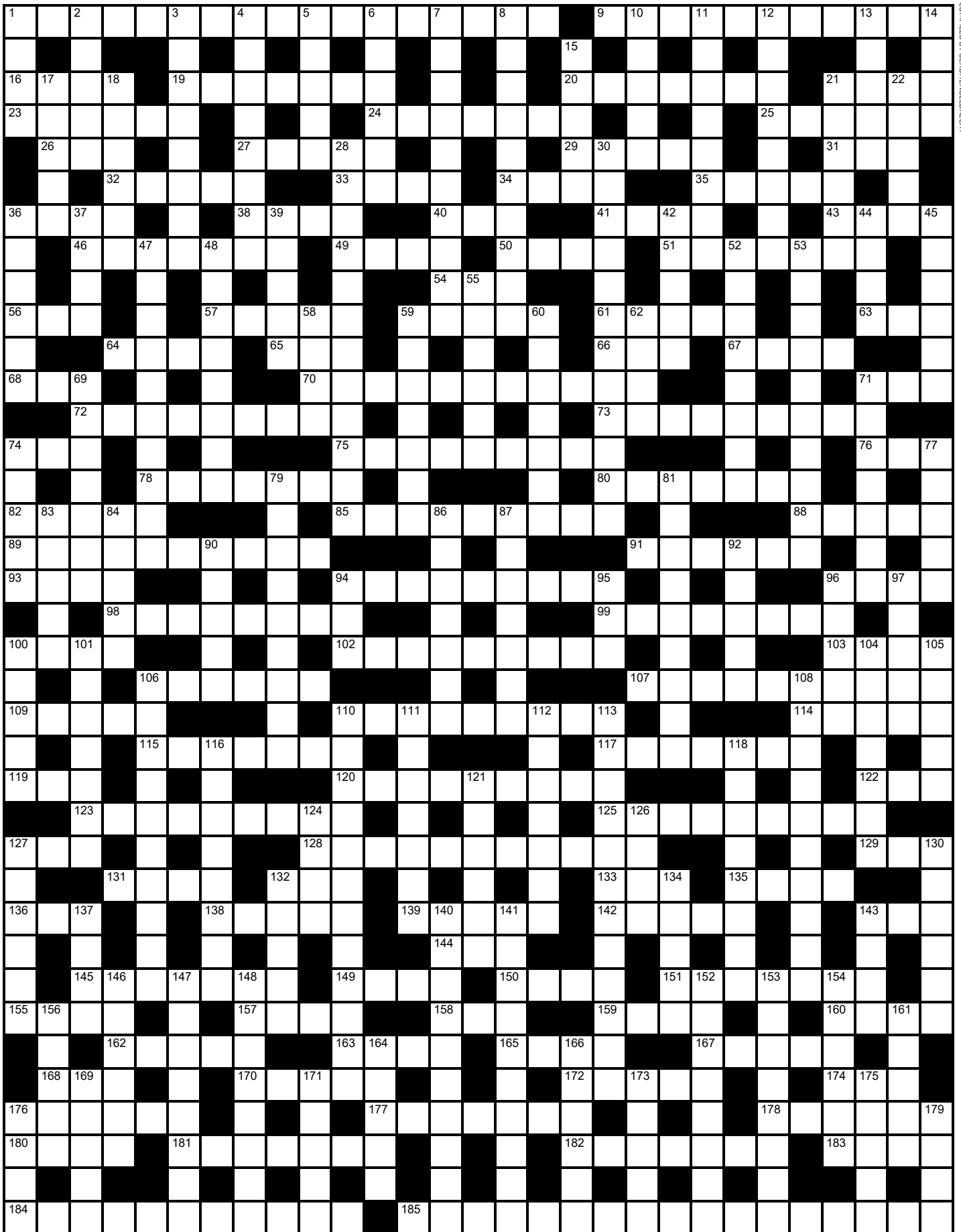
BRAINBUSTER NO 652

ACROSS

- 1 Very quickly (2,3,5,2,2,3)
- 9 Existence (11)
- 16 Close (4)
- 19 Board (7)
- 20 Impose (7)
- 21 Pins (4)
- 23 Delivered a blow (6)
- 24 Inaugurated (as king) (7)
- 25 Goad (inf) (6)
- 26 Have (past tense) (3)
- 27 Type of dance music (5)
- 29 Starred in (5)
- 31 Bleach (3)
- 32 Excitement (5)
- 33 Against (prefix) (4)
- 34 Indian attire (4)
- 35 Challenged (5)
- 36 Bark up the wrong ... (4)
- 38 Colour (4)
- 40 Music and paintings (3)
- 41 Lively Scottish dance (4)
- 43 Walk with an uneven step (4)
- 46 (Have) trampled (7)
- 49 Adjoin (4)
- 50 Long narrative poem (4)
- 51 Recuperate (7)
- 54 Shaft for rowing (3)
- 56 Afternoon drink (3)
- 57 A kindly person (5)
- 59 Outer layer (5)
- 61 The real ... (authentic) (5)
- 63 Almond, eg (3)
- 64 Critical (4)
- 65 We breathe it (3)
- 66 Animal doctor (short) (3)
- 67 (Have) stitched (4)
- 68 Plunge (3)
- 70 Formed (11)
- 71 By way of (3)
- 72 Ignore the alarm (9)
- 73 Peach (9)
- 74 Uppermost part (3)
- 75 Retrospect (9)
- 76 Scour (3)
- 78 To soothe (7)
- 80 Pardoned (7)
- 82 Slightly damp (5)
- 85 Postponed (9)
- 88 Live (5)
- 89 Basic (10)
- 91 Horn (6)
- 93 Get out of bed (4)
- 94 Ninth month (9)
- 96 Chuck (4)
- 98 Next to (8)
- 99 Good-natured (8)
- 100 Listen (4)
- 102 Before today (9)
- 103 Wet behind the ... (naive) (4)
- 106 Felt sorry for (6)
- 107 A vote (10)
- 109 1 000 ml (5)
- 110 Banished (9)
- 114 Utilisation (5)
- 115 Flower-shaped decoration (7)
- 117 Component (7)
- 119 Sweet potato (3)
- 120 Doubtful (9)
- 122 Young child (3)
- 123 Medical prediction (9)
- 125 Incriminate (9)
- 127 Preserve in a jar (3)
- 128 Kindness (11)
- 129 To nickname (3)
- 131 Festive celebration (4)
- 132 Male's title (3)
- 133 Type of tree (3)
- 135 Ellipsoid (4)
- 136 Jerk (3)
- 138 Distort (5)
- 139 Of necessity (5)
- 142 Object (5)
- 143 Central portion of a wheel (3)
- 144 Beer (3)
- 145 Craziest (7)
- 149 Come down hard (4)
- 150 Noteworthy information (4)
- 151 Triumph (7)
- 155 Lyrical poems (4)
- 157 Novice (4)
- 158 ii (3)
- 159 Footwear (4)
- 160 Bouquet (4)
- 162 Drain (5)
- 163 Solemn pronounce-ment (4)
- 165 Advocate (4)
- 167 Touched (5)
- 168 Frozen water (3)
- 170 Large antelope (5)
- 172 Cavern (5)
- 174 Primate (3)
- 176 Small purse (6)
- 177 Member of an orchestra (7)
- 178 Striped equines (6)
- 180 Charitable donations (4)
- 181 Steep (7)
- 182 Tough (7)
- 183 Distinctive air (4)
- 184 Airborne sport (4-7)
- 185 Stop trying (4,2,4,7)

DOWN

- 1 Small hotels (4)
- 2 Jewelled headdress (5)
- 3 In reverse (8)
- 4 Overwhelm (8)
- 5 Thrills (5)
- 6 Bird of prey (6)
- 7 Arbitrator in a hostage drama (10)
- 8 Adolescents (10)
- 10 Not up to the task (5)
- 11 Bestride (8)
- 12 Plot (8)
- 13 Insecure (5)
- 14 Comfort (4)
- 15 Coniferous tree (5)
- 17 Anaesthetic, eg (5)
- 18 Steering device (6)
- 21 Hawk (6)
- 22 Glow (5)
- 28 Disasters (12)
- 30 Avoided (12)
- 36 SMSed (6)
- 37 Volcano in Sicily (4)
- 39 New Delhi is its capital (5)
- 42 Upright (5)
- 44 Formerly Persia (4)
- 45 National flower of SA (6)
- 47 Wipe out completely (10)
- 48 Illnesses (8)
- 52 Quartz, eg (8)
- 53 Part of a camera (10)
- 55 Examines (6)
- 58 Pleasant (4)
- 59 Gaming houses (7)
- 60 Plodded (7)
- 62 Surrender (4)
- 69 Remembrance Day flowers (7)
- 71 Loss of balance (7)
- 74 Person who uses a stopwatch (5)
- 77 Gnaws at (5)
- 79 Accord (9)
- 81 A worm (9)
- 83 A small, green or black fruit (5)
- 84 Smudge (5)
- 86 A brief rest (inf) (3,4)
- 87 I or X, eg (7)
- 90 Attribute (5)
- 92 Contract for renting property (5)
- 94 A pig's home (3)
- 95 A ... of sunshine (3)
- 96 Young people (5)
- 97 Gesture of indifference (5)
- 100 Evergreen shrub (5)
- 101 Effort (7)
- 104 Adjusted (7)
- 105 Extract ore from metal (5)
- 106 Brewed (coffee) (10)
- 108 Mercy killing (10)
- 110 About 15 ml (12)
- 111 Bar (SA) (7)
- 112 Compartments at gym, eg (7)
- 113 A shop that sells cooked meat (12)
- 116 Tan (8)
- 118 Afterword (8)
- 121 Tool to apply plaster (6)
- 124 Wading bird (4)
- 126 Net (4)
- 127 Spud (6)
- 130 Dangling ball (6)
- 132 Three times twenty (5)
- 134 Big water mammal (short) (5)
- 137 Charades, eg (4)
- 140 Disaster measured on the Richter scale (10)
- 141 Finale (10)
- 143 Ring of light (4)
- 146 Properties, eg (6)
- 147 Sloping down (8)
- 148 Flowed (8)
- 152 Recall (8)
- 153 Soccer trumpet (8)
- 154 Conference (SA) (6)
- 156 Exercise (5)
- 161 Remove by clipping (5)
- 164 Viper (5)
- 166 The Secret ... (children's book) (6)
- 169 Aromatic seeds used in cooking (5)
- 171 Pinafore (5)
- 173 Trunk (5)
- 175 Trim (5)
- 176 Bills, eg (4)
- 179 Utters (4)



NO 1548

QUESTION: WHAT IS THE WORD SPELT OUT BY THE LETTERS IN THE COLOURED BLOCKS?



CORRECTLY COMPLETE THE BLOCKBUSTER AND YOU COULD WIN a YOU Crossword Dictionary!

PHAROS, THE PUBLISHER, WILL GIVE AWAY ONE OF THESE DICTIONARIES WEEKLY FOR THE REST OF THE YEAR

ENTER BEFORE 2 MARCH 2017.
SMS THE KEYWORD YOU, YOUR ANSWER, YOUR NAME AND CITY TO 36400.

COMPILED BY BIANCA MOREL

HOW TO ENTER: CORRECTLY COMPLETE THE BLOCKBUSTER AND WRITE DOWN THE LETTERS IN THE COLOURED BLOCKS TO UNCOVER THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER, YOUR NAME AND YOUR CITY TO 36400. ONLY PEOPLE IN SOUTH AFRICA MAY ENTER. EACH SMS COSTS R15.00. ONLY ONE SMS PER PERSON WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED CROSSWORD AS PROOF. THE COMPETITION IS CLOSED TO STAFF (AND THEIR IMMEDIATE FAMILIES) OF MEDIA24, GRAPEVINE INTERACTIVE AND THEIR ADVERTISING AGENCIES. THE CLOSING DATE IS 2 MARCH 2017.

If you get stuck ask other readers for advice on the YOU Crosswords Facebook page.

Swimming costumes	Hot oppressive wind from N Africa	Having dimension Neither	British WW I anthem (3,1,4,3,2,9)	Unit of pressure	Watery nose or eye discharge	Fibber	Pair of performers	Corpulent	Primary colour
Casanovas	Attention Drug			Japanese poem Fabric	Positive electrode		Do not punish the bearer of bad news (4,5,3,9)	Sodium (symbol)	
			Wealth (facetious) Plexus			Willow tree		Eyot	
Certified public accountant		Smell				Stretch			
Small ring		Cotton twill cloth			Most sacred places of worship				Melody
Feather scarf				Butler			Put		Sea eagles
		Fiery person		First lady			Steplike excavation		
		Covert				Valuable thing			Before usual
Growing old	Yours (archaic)			Mass of salt water	Spanish sparkling wine			Pleasure boat	Titanium (symbol)
	Small cave							Musclemen (2-3)	
			Chair			Noisy commotions			
			Perspiration						
Taken	Divine			Ballet step			Musical drama		
	Woody climbers			Genuinely			Killer whales		
		Having knowledge			Belief in unorthodox opinion				Otto
									N Amer Indian pole
Psychedelic dying method (3-3)				Urge strongly			Computer key		
				Pawpaw			Minute particle		
Brown in the sun		Inner mulberry bark			Pinnacle				OT patriarch
		Sum			Bewitch				
		Bass voice singer			Restore to zero			Ouch!	
					Arabian republic			Swell up	
Charged atom	Border at one end			One who plies a trade			Transform		
	Chopper			Yes votes			Bolster		
				Mexican money					Halt
						Dagga smoker (slang)			Church dignitary
						Half			
Green sushi paste	Full of pep			Legends				Secret agent	
	Ethylene			Stage hints				Carved image	
		Brass instrument			Stocking retailer				Curd remainder
		Serenity			Concur				Trivial
Charges	Small requiem sharks			Not broadcasted				Epistle (abbr)	
North (abbr)	Not that			Gait				Blessing	
		Came into being			City in SE France				
		Novel			Exist				
Reddish dye				Russian rulers			Dwell on smugly		
				East Indies			Ionium (symbol)		
					Fasten again			Over the top (abbr)	
Pinaster, for e.g. (4,4)		Throb rapidly				Craving			
Stitch		Excl of joy				Scot islands			

SABC1	SABC2	SABC3
<p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS AND CURRENT AFFAIRS</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ NGENPELA</p> <p>08:30 ♦ ISIDINGO</p> <p>09:00 ♦ GENERATIONS: THE LEGACY</p> <p>09:30 ♦ MUVHANGO</p> <p>10:00 ♦ SKEEM SAAM</p> <p>10:30 TO BE ANNOUNCED</p> <p>11:00 DAILY THETHA</p> <p>12:00 ♦ SPORTS@10</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 MNANDI ME</p> <p>14:30 TOMZ</p> <p>15:00 TO BE ANNOUNCED</p> <p>15:30 YO.TV</p> <p>16:30 FACTUAL TALK</p> <p>17:28 DEVOTION</p> <p>17:30 NDEBELE/SISWATI NEWS</p> <p>18:00 100% YOUTH</p> <p>18:30 SKEEM SAAM</p> <p>19:00 KHOSA/ZULU NEWS</p> <p>19:30 THROWBACK THURSDAY</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>20:30 UZALO</p> <p>Mxolisi moves into the Mdletshe home.</p> <p>21:00 THURSDAY LIVE</p> <p>22:00 ♦ YILUGELO LAKHO</p> <p>23:00 ♦ FACTUAL TALK</p> <p>00:00 KOZE KUSE</p>	<p>05:00 RIVONINGO</p> <p>05:30 TAKALANI SESAME</p> <p>05:57 MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 TREE FU TOM</p> <p>09:30 INSIDE THE BAOBAB TREE</p> <p>10:00 ♦ ABO MZALA</p> <p>10:30 EACH ONE TEACH ONE</p> <p>11:00 IT'S FOR LIFE</p> <p>11:30 ♦ KEEPING SCORE</p> <p>Double bill.</p> <p>12:30 ♦ MAMELLO</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>15:30 WORDS & NUMBERS</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 ♦ NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>Bonita helps Connie plan a big surprise for Aggie.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 BETTER ASSIE BURE</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 NGULA YA VUTIVI/ ZWA MARAMANI</p> <p>21:00 MUVHANGO</p> <p>21:30 SPEAK OUT</p> <p>22:00 WHEN DUTY CALLS</p> <p>22:30 SNAPPED: KILLER COUPLES</p> <p>23:30 ♦ MY WIFE AND KIDS</p> <p>00:00 SABC NEWS</p>	<p>05:30 ♦ SMURFS</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ HONCHO</p> <p>09:30 ♦ JAM SANDWICH</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ HIGH ROLLERS</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ LARGER THAN LIFE</p> <p>12:00 ♦ TRENDING SA</p> <p>13:00 ♦ NEWS</p> <p>13:30 ♦ AFRICA NEWS UPDATE</p> <p>14:00 FUN-NATIX</p> <p>15:00 WHO'S WEDDING IS IT ANYWAY?</p> <p>16:00 REAL TALK WITH ANELE</p> <p>17:00 AFTERNOON EXPRESS</p> <p>18:00 BOLD & BEAUTIFUL</p> <p>18:30 NEWS</p> <p>19:00 ISIDINGO</p> <p>Comedy series. Whitney is bored with her relationship and struggles to be intimate with her partner.</p> <p>20:00 TOP BILLING</p> <p>21:00 MOMENTS IN TIME</p> <p>22:00 TRENDING SA</p> <p>23:00 ARROW</p> <p>00:00 DAYS OF OUR LIVES</p> <p>01:00 ♦ BOLD & BEAUTIFUL</p> <p>01:30 ♦ ISIDINGO</p> <p>02:00 ♦ HIGH ROLLERS</p> <p>02:30 ♦ STARSKY & HUTCH</p> <p>03:30 ♦ ARROW</p> <p>04:30 ♦ DEUTSCHE WELLE News.</p>
E.TV	M-NET	MZANSI
<p>05:30 SUNRISE</p> <p>08:30 INFOMERCIALS</p> <p>09:00 YOUNG & RESTLESS</p> <p>09:50 INFOMERCIALS</p> <p>10:00 ♦ CHECKPOINT</p> <p>10:30 ♦ THE BLACKLIST</p> <p>Crime drama series.</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL</p> <p>12:30 ♦ ASHES TO ASHES</p> <p>13:00 NEWS DAY</p> <p>13:30 WWE RAW</p> <p>14:30 PEPPA PIG</p> <p>Animated series.</p> <p>14:35 COOL CATZ</p> <p>15:00 BLAZE AND THE MONSTER MACHINES</p> <p>Animated series.</p> <p>15:30 PUMPKIN REPORTS</p> <p>16:00 CRAZ-E: WORLD LIVE</p> <p>16:30 STEVE HARVEY</p> <p>Talk show.</p> <p>17:25 E-INSERT</p> <p>17:30 ACTION ZONE</p> <p>18:00 RHYTHM CITY</p> <p>18:30 SCANDAL!</p> <p>Chantal is concerned she might upset someone close to her.</p> <p>19:00 ENCA SPECIALS: THE STATE OF THE NATION ADDRESS 2017</p> <p>20:30 GOLD DIGGERS</p> <p>Local drama series.</p> <p>21:00 DADDY'S LITTLE GIRLS</p> <p>23:05 BACKWASH</p> <p>00:25 SIBLINGS</p> <p>02:40 DADDY'S LITTLE GIRLS</p> <p>04:30 ♦ THE CLOSE UP</p>	<p>07:00 ♦ MODERN FAMILY</p> <p>07:30 ♦ CHICAGO P.D.</p> <p>08:30 ♦ CHICAGO FIRE</p> <p>09:30 HOME INVASION</p> <p>11:00 ENTERTAINMENT NOW</p> <p>11:30 ♦ THE GREAT INDOORS</p> <p>12:00 ♦ ELLEN DEGENERES SHOW</p> <p>13:00 ♦ MASTERCHEF JUNIOR USA</p> <p>14:00 ♦ CHICAGO MED</p> <p>15:00 TO BE ANNOUNCED</p> <p>16:00 ♦ MODERN FAMILY</p> <p>16:30 ♦ THE BIG BANG THEORY</p> <p>17:00 ELLEN DEGENERES SHOW</p> <p>18:00 THE GOLDBERGS</p> <p>18:30 MASTERCHEF JUNIOR USA</p> <p>19:30 LETHAL WEAPON</p> <p>20:30 SUITS</p> <p>Courtroom drama series.</p> <p>21:30 BLINDSPOT</p> <p>22:30 THE BLACKLIST</p> <p>23:30 ANOMALISA</p> <p>01:00 ♦ ENTERTAINMENT NOW</p> <p>Double bill.</p> <p>02:00 BLINDSPOT*</p> <p>03:00 THE 5TH WAVE</p> <p>05:00 ♦ ELLEN DEGENERES SHOW</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>07:00 THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: INGADI</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ GREED & DESIRE</p> <p>11:00 ♦ TANGLED HEARTS</p> <p>12:00 ♦ BOUNCE</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ GREED & DESIRE</p> <p>14:00 LOKSHIN BIOSKOP: THE BOY IS MINE</p> <p>15:30 SIFUN'UKWAZI</p> <p>16:00 ♦ THE TALK</p> <p>17:00 TANGLED HEARTS</p> <p>18:00 ♦ RING OF LIES</p> <p>18:30 MZANSI MOVIES: UMKHONTO</p> <p>19:30 GREED & DESIRE</p> <p>Local drama series.</p> <p>20:00 THE RANAKAS</p> <p>Reality series.</p> <p>20:30 ISIBAYA</p> <p>Drama series.</p> <p>21:00 THE QUEEN</p> <p>Local drama series.</p> <p>21:30 NIGHT OF REVIVAL</p> <p>Gospel music show.</p> <p>22:45 ROBIN HOOD</p> <p>Action adventure. Russell Crowe, Cate Blanchett. 2010. PG13. 140 min.</p> <p>01:00 ♦ TANGLED HEARTS</p> <p>02:00 ♦ THE TALK</p> <p>03:00 LOKSHIN BIOSKOP: INGADI</p> <p>04:30 ♦ ISIBAYA</p> <p>04:30 LOKSHIN BIOSKOP: TOKOLOSHE IS DEAD</p>

IT'S THE THOUGHT THAT COUNTS.

SAID NO ONE
ON VALENTINES DAY.

LIKE, EVER.

Cadbury
GLOW

YOU LEISURE

MAN OF TAI CHI

SABC3, SATURDAY 19:00

A criminal who runs an illegal fighting ring tries to force a principled martial artist to take part.



SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 DEVOTION</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS AND CURRENT AFFAIRS</p> <p>06:30 SPORTS BUZZ</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ BOLD & BEAUTIFUL</p> <p>08:30 ♦ ISIDINGO</p> <p>09:00 ♦ GENERATIONS: THE LEGACY</p> <p>09:30 ♦ MUVHANGO</p> <p>10:00 ♦ SKEEM SAAM</p> <p>10:30 TO BE ANNOUNCED</p> <p>11:00 ♦ BIG UP</p> <p>11:30 ♦ MNANDI ME</p> <p>12:00 ♦ IMIZWILILI</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ♦ NYAN' NYAN</p> <p>14:30 TOMZ</p> <p>15:00 TO BE ANNOUNCED</p> <p>16:30 FACTUAL TALK</p> <p>17:28 DEVOTION</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 SKEEM SAAM</p> <p>19:00 LIVE AMP</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>20:30 UZALO</p> <p>Ayanda doesn't know what's in store for him when he gets to the church.</p> <p>21:00 ALCATRAZ</p> <p>22:00 URBAN MUSIC XPERIENCE</p> <p>23:00 ♦ FACTUAL TALK</p> <p>00:00 KOZE KUSE</p>	<p>05:00 RIVONINGO</p> <p>05:30 TAKALANI SESAME</p> <p>05:57 MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 TREE FU TOM</p> <p>Animated series.</p> <p>09:30 INSIDE THE BAOBAB TREE</p> <p>10:00 ♦ SKWIZAS</p> <p>10:30 SUPERNANNY</p> <p>11:30 ♦ THE RICKEY SMILEY SHOW</p> <p>Double bill.</p> <p>12:30 ♦ MAMELLO</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:20 ♦ SPEAK OUT</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>15:30 MY NIGHT</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 ICARLY</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>Xander saves Rickus from a lot of trouble.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 RED CAKE NOT THE COOKING SHOW</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>21:00 MUVHANGO</p> <p>Thandaza makes a surprising announcement about Vusi and Kat's baby.</p> <p>21:30 GO ISA LESONG</p> <p>22:00 MATLHOLAADIBONA</p> <p>22:30 BOXING MAGAZINE</p> <p>23:30 ♦ WHEN DUTY CALLS</p> <p>00:00 SABC NEWS</p>	<p>05:30 AVATAR: THE LAST AIRBENDER</p> <p>Animated series.</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ THE CHEETAH DIARIES</p> <p>Double bill.</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ TOP TRAVEL</p> <p>Jeannie D and Janez Vermeiren travel to exotic locations.</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ HEALTH FREAKS</p> <p>12:00 ♦ TRENDING SA</p> <p>13:00 CRICKET</p> <p>Build-up.</p> <p>13:30 CRICKET</p> <p>ODI: South Africa vs Sri Lanka.</p> <p>21:30 ISIDINGO</p> <p>Nikiwe tells Skhu she wants him to keep working for Barker.</p> <p>22:00 TRENDING SA</p> <p>23:00 ♦ MECUM DEALMAKERS</p> <p>00:00 DAYS OF OUR LIVES</p> <p>01:00 ♦ ISIDINGO</p> <p>Double bill.</p> <p>02:00 ♦ HIGH ROLLERS</p> <p>02:30 ♦ STARKY & HUTCH</p> <p>Crime drama series. Starky and Hutch help a professional boxer who's terrorised by a gangster after he witnessed their illegal activities.</p> <p>03:30 TO BE ANNOUNCED</p> <p>04:30 ♦ DEUTSCHE WELLE News.</p>	<p>05:30 SUNRISE</p> <p>08:30 INFOMERCIALS</p> <p>09:00 YOUNG & RESTLESS</p> <p>09:50 INFOMERCIALS</p> <p>10:00 ♦ REED BETWEEN THE LINES</p> <p>10:30 ♦ HOW I MET YOUR MOTHER</p> <p>11:00 ♦ JONGO</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ ASHES TO ASHES</p> <p>13:00 NEWS DAY</p> <p>13:30 ♦ WWE NEXT</p> <p>14:30 GOOD BOY!</p> <p>16:20 CRAZ-E: FRENZY</p> <p>16:30 STEVE HARVEY</p> <p>Talk show.</p> <p>17:30 NEXT OF NEXT WEEK</p> <p>Local comedy series.</p> <p>18:00 CLUB 808</p> <p>Local music show hosted by Boity Thulo and Cyprian Ndlovu.</p> <p>18:30 ENEWS DIRECT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDAL!</p> <p>Yvonne finds herself in a place she thought she'd never see again.</p> <p>20:30 WRATH OF THE TITANS</p> <p>22:35 SPECIES II</p> <p>00:30 REVELATION</p> <p>02:35 SPECIES II</p> <p>04:25 ♦ THE WILD WEST OF LOXTON</p> <p>Documentary about life in the Karoo.</p>	<p>06:00 ♦ MASTERCHEF JUNIOR USA</p> <p>07:00 ♦ THE GREAT INDOORS</p> <p>07:30 ♦ BLUE BLOODS</p> <p>08:30 ♦ CARTE BLANCHE</p> <p>09:30 KINDERGARTEN COP 2</p> <p>11:30 ♦ THE GOLDBERGS</p> <p>12:00 ♦ ELLEN DEGENERES SHOW</p> <p>13:00 ♦ MASTERCHEF JUNIOR USA</p> <p>14:00 ♦ THE BLACKLIST</p> <p>15:00 ♦ SUITS</p> <p>16:00 ♦ LETHAL WEAPON</p> <p>17:00 ELLEN DEGENERES SHOW</p> <p>18:00 ♦ THE BIG BANG THEORY</p> <p>18:30 MASTERCHEF JUNIOR USA</p> <p>19:30 BETTER LATE THAN NEVER</p> <p>20:30 MACGYVER</p> <p>21:30 RIVERDALE</p> <p>22:30 ♦ BLINDSPOT</p> <p>23:15 THE GIFT</p> <p>01:00 GREY'S ANATOMY*</p> <p>02:00 ♦ ENTERTAINMENT NOW</p> <p>Double bill.</p> <p>03:05 THE FINEST HOURS</p> <p>05:00 ♦ ELLEN DEGENERES SHOW</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>07:00 THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: MAMPARA</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ GREED & DESIRE</p> <p>11:00 ♦ TANGLED HEARTS</p> <p>12:00 ♦ BOUNCE</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ GREED & DESIRE</p> <p>14:00 LOKSHIN BIOSKOP: TAXI CHEESEBOY</p> <p>An American man inherits his South African father's multimillion-rand business.</p> <p>15:30 SIFUN'UKWAZI</p> <p>16:00 ♦ THE TALK</p> <p>17:00 TANGLED HEARTS</p> <p>18:00 MZANSI MOVIES: #LIT</p> <p>19:00 ♦ PLEASE STEP IN</p> <p>Local reality show.</p> <p>19:30 ♦ MY STORY</p> <p>20:30 ISIBAYA</p> <p>21:00 ♦ SAINTS AND SINNERS</p> <p>Local drama series.</p> <p>22:00 HOLY MAN</p> <p>Comedy. Eddie Murphy, Jeff Goldblum. 1998. PG. 114 min.</p> <p>00:00 ♦ TANGLED HEARTS</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: MAMPARA</p> <p>03:30 ♦ ISIBAYA</p> <p>03:30 LOKSHIN BIOSKOP: TAXI CHEESEBOY</p>
SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 ♦ GELEZA NATHI</p> <p>06:00 ♦ IMANI</p> <p>06:30 ♦ SIYAKHOLWA</p> <p>07:00 ♦ CHUGGINGTON</p> <p>07:30 ♦ DINOFRIZ</p> <p>Animated series. Follow the adventures of Tom and his friends as they teleport to a world where they become dinosaurs.</p> <p>08:00 YO.TV</p> <p>09:00 ♦ URBAN MUSIC XPERIENCE</p> <p>Music show hosted by Adil More and Luthando "Lootlove" Shosha.</p> <p>10:00 MZANSI INSIDER</p> <p>11:00 ♦ GENERATIONS: THE LEGACY</p> <p>Omnibus.</p> <p>14:00 SOCCER 411</p> <p>15:00 SOCCER</p> <p>Build-up.</p> <p>15:30 LADUMA</p> <p>17:30 ROOTS</p> <p>18:00 FRIENDS LIKE THESE</p> <p>Local game show hosted by Trevor Gumbi. Two teams of best friends – five men and five women – compete in a series of challenges to win a holiday.</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 THE REAL GOBOZA</p> <p>20:00 TO BE ANNOUNCED</p> <p>22:30 ♦ RAW SILK</p> <p>23:30 ♦ ZAZIWA</p> <p>00:00 KOZE KUSE</p>	<p>05:00 INFOMERCIALS</p> <p>05:30 DUJO LE BOPHELO</p> <p>Health show.</p> <p>06:00 ♦ THE MAGICAL WORLD OF LUNA BELLE</p> <p>Animated series.</p> <p>06:30 ♦ INSIDE THE BAOBAB TREE</p> <p>06:57 OP PAD</p> <p>07:00 MORNING LIVE</p> <p>08:30 HOUSE CALL</p> <p>Medical talk show.</p> <p>09:30 GAME ON</p> <p>10:00 ATHLETICS ALIVE</p> <p>10:30 SWIMMING MAGAZINE</p> <p>11:00 DTV</p> <p>11:30 NARUTO</p> <p>Omnibus.</p> <p>13:30 ♦ MUVHANGO</p> <p>Omnibus.</p> <p>16:00 MULAN</p> <p>18:00 LIFE WITH THAMI</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 THE CUBE</p> <p>Game show hosted by Phillip Schofield. Contestants compete to win cash by completing challenges from within a 4 m x 4 m x 4 m see-through plastic cube.</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 ABO MZALA</p> <p>21:00 LIVE LOTTO DRAW</p> <p>21:04 ALL IS LOST</p> <p>23:00 ♦ FEES VAN DIE ONGENOODES</p> <p>Drama series.</p> <p>00:00 SABC NEWS</p>	<p>06:00 SID THE SCIENCE KID</p> <p>06:30 THE WEEKEND EDITION</p> <p>09:00 TALENT ON TRACK</p> <p>09:30 XCELLERATE</p> <p>10:00 CHALLENGE SOS</p> <p>10:30 AN NUR, THE LIGHT</p> <p>11:00 SADHANA</p> <p>11:30 ♦ ONE DAY WITH BRYAN MILES</p> <p>12:00 ♦ TOP CHEF</p> <p>13:00 ♦ HIGH ROLLERS</p> <p>Local drama series.</p> <p>14:12 ♦ WHITNEY</p> <p>Double bill.</p> <p>15:00 ♦ MINUTE TO WIN IT</p> <p>16:00 FATMAN AND 13 BRIDES</p> <p>Cooking show. Indian food critic Bikramjit Ray searches for the perfect wife – his only criterion is that she be an amazing cook.</p> <p>16:30 JUST COOKING</p> <p>17:00 ♦ WHOSE WEDDING IS IT ANYWAY?</p> <p>Reality show.</p> <p>18:00 ♦ JAM SANDWICH</p> <p>Local music show.</p> <p>18:00 NEWS</p> <p>19:00 MAN OF TAI CHI</p> <p>This is actor Keanu Reeves' directorial debut.</p> <p>21:00 EXTREME FIGHTING CHAMPIONSHIP</p> <p>Mixed martial arts.</p> <p>23:00 ♦ THE LOTTERY</p> <p>00:00 AMAZING JOHNATHAN: WRONG ON EVERY LEVEL</p> <p>Stand-up comedy.</p>	<p>05:30 INFOMERCIALS</p> <p>05:35 COOL CATZ</p> <p>06:00 PEPPA PIG</p> <p>06:05 COOL CATZ</p> <p>06:30 BOB THE BUILDER</p> <p>06:45 FIREMAN SAM</p> <p>07:00 SILLY SEASONS</p> <p>07:30 MY LITTLE PONY: FRIENDSHIP IS MAGIC</p> <p>08:00 SISTAHOOD</p> <p>08:30 STAR WARS REBELS</p> <p>Double bill.</p> <p>09:30 ♦ SCANDAL!</p> <p>Omnibus.</p> <p>11:20 INFOMERCIALS</p> <p>11:30 WWE MAIN EVENT</p> <p>12:30 ESHIBOBO</p> <p>13:00 ♦ THE ULTIMATE BRAAI MASTER</p> <p>14:00 INFOMERCIALS</p> <p>14:05 THE WIND IN THE WILLOWS</p> <p>16:00 WWE TOTAL DIVAS</p> <p>Reality series. Brie and Nikki decide to take an IQ test to determine who's the smartest twin. Meanwhile Trinity is nervous while on the set of her first movie.</p> <p>17:00 WWE SMACKDOWN</p> <p>18:00 ENEWS EARLY EDITION</p> <p>18:05 WIPEOUT USA</p> <p>19:00 ENEWS DIRECT</p> <p>19:30 BIG MOMMA'S HOUSE 2</p> <p>21:35 WAITING TO EXHALE</p> <p>00:10 BODY OF A WOMAN</p> <p>01:40 SHARKMAN</p> <p>03:40 ♦ BABY FATHERS</p> <p>04:10 ♦ CAMP SIZANI</p>	<p>06:00 ♦ THE VOICE SA</p> <p>Singing competition show.</p> <p>08:00 ♦ MASTERCHEF JUNIOR USA</p> <p>Omnibus.</p> <p>13:00 THE LITTLE PRINCE</p> <p>15:00 ♦ CHICAGO MED</p> <p>16:00 ♦ CHICAGO FIRE</p> <p>Action series.</p> <p>17:00 ♦ CHICAGO P.D.</p> <p>18:00 ♦ THE GOLDBERGS</p> <p>Comedy series. Adam's childlike wonder with movies and entertainment is called into question.</p> <p>18:30 MOM</p> <p>19:00 ♦ THE GREAT INDOORS</p> <p>Comedy series. Clark and Mason use Jack's old stuff to throw a '90s party at Eddie's bar.</p> <p>19:30 BETTER LATE THAN NEVER</p> <p>Travel programme. The group visit Kyoto, Japan.</p> <p>20:30 ♦ RIVERDALE</p> <p>Teen drama series based on the Archie comics.</p> <p>21:30 ♦ SUITS</p> <p>22:30 POINT BREAK</p> <p>00:30 STANDOFF</p> <p>01:55 THE DANISH GIRL</p> <p>03:50 BIG SKY</p> <p>05:25 JESSICA DARLING'S IT LIST</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>Omnibus.</p> <p>11:00 ♦ THE QUEEN</p> <p>Omnibus.</p> <p>13:00 MZANSI MOVIES: UMKHONTO</p> <p>14:00 ♦ THE MAYOR</p> <p>14:30 ♦ COOKING WITH SIBA</p> <p>15:00 ♦ LOVE BACK</p> <p>15:30 ♦ OUR PERFECT WEDDING</p> <p>Local reality show.</p> <p>16:30 ♦ PLEASE STEP IN</p> <p>Local reality show.</p> <p>17:00 EZASE AFRO</p> <p>17:30 K. MICHELLE: IT'S MY LIFE</p> <p>Reality show.</p> <p>18:00 ♦ THE RANAKAS</p> <p>Reality show.</p> <p>18:30 ♦ UTATAKHO</p> <p>19:00 ♦ PAPA PENNY AHEE!</p> <p>Local reality show.</p> <p>19:30 MZANSI MOVIES: JEALOUS MAKHELWANE</p> <p>20:30 TELL ME SWEET SOMETHING</p> <p>Local romantic comedy. Nomzamo Mbatsha, Masego "Maps" Maponyane. 2015. PG. 90 min.</p> <p>22:00 ♦ HOUSE OF LIES</p> <p>Courtroom comedy series double bill.</p> <p>23:00 ♦ TANGLED HEARTS</p> <p>Omnibus.</p> <p>04:00 LOKSHIN BIOSKOP: JOZI TO JAPA</p> <p>05:30 ♦ DAILY SUN TV</p>

SABC1	SABC2	SABC3
<p>05:00 ♦ GELEZA NATHI Educational programme.</p> <p>06:00 SIYAKHOLWA Children's programme.</p> <p>06:30 BONISANANI Children's religious programme.</p> <p>07:00 YO.TV</p> <p>09:00 GOSPEL GOLD Music show.</p> <p>10:00 MZANSI INSIDER Breakfast show hosted by Rorisang Thandekiso and Katleho Sinivasan.</p> <p>11:00 ♦ COME AGAIN Documentary series.</p> <p>11:30 TASTE MAKERS</p> <p>12:00 ♦ UZALO Omnibus.</p> <p>14:30 SOCCER Build-up.</p> <p>15:00 LADUMA</p> <p>17:30 KULCHA KWEST</p> <p>18:00 FRIENDS LIKE THESE Local game show.</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 INGOZI Drama series.</p> <p>20:00 NGEMPELA Drama series.</p> <p>20:30 ♦ ZAZIWA Music talk show.</p> <p>21:00 TO BE ANNOUNCED</p> <p>23:00 URBAN MUSIC XPERIENCE</p> <p>00:00 KOZE KUSE Music programme.</p>	<p>05:00 IT'S FOR LIFE</p> <p>05:30 BREAKING NEW GROUND</p> <p>06:00 INSIDE THE BAOBAB TREE</p> <p>06:30 ♦ iCARLY</p> <p>06:57 MOTHEO</p> <p>07:00 MORNING LIVE</p> <p>08:30 JEWISH MAGAZINE</p> <p>09:00 ISSUES OF FAITH</p> <p>10:00 BBC SONGS OF PRAISE</p> <p>10:30 PSALTED</p> <p>11:00 EACH ONE TEACH ONE</p> <p>11:30 ♦ GEURE VAN DIE VALLEI</p> <p>12:00 ♦ VOETSPORE</p> <p>13:00 ♦ BETER ASSIE BURE</p> <p>14:30 SOUL'D OUT SESSIONS</p> <p>15:00 HOLE IN THE WALL</p> <p>15:30 LIFE WITH THAMI Talk show.</p> <p>16:00 TO BE ANNOUNCED</p> <p>18:00 FOKUS</p> <p>18:30 TSONGA/VENDA NEWS</p> <p>19:00 VOETSPORE An adventure travelogue following four friends as they travel from Morocco to the Cape.</p> <p>19:30 AFRIKAANS NEWS</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 SKWIZAS Local comedy series.</p> <p>21:00 GOSPEL CLASSICS Music show hosted by Tshepo Maseko.</p> <p>22:00 SHADOWS OF LIFE</p> <p>23:00 ISSUES OF FAITH</p> <p>00:00 SABC NEWS</p>	<p>05:00 A NEW DAY</p> <p>06:00 ♦ SMURFS</p> <p>06:30 THE WEEKEND EDITION</p> <p>09:00 MADE IN SA</p> <p>09:30 EX FRONTIER</p> <p>10:00 YUM.ME</p> <p>10:30 ♦ ISIDINGO Omnibus.</p> <p>12:30 ♦ TOP BILLING</p> <p>13:30 MELA</p> <p>14:30 ♦ A FAIRLY ODD SUMMER</p> <p>16:30 ALI BABA Animated special.</p> <p>17:30 BLOOD LIONS</p> <p>18:30 NEWS</p> <p>19:00 THE WEDDING PLANNER</p> <p>21:00 HONCHO</p> <p>21:30 INTERFACE</p> <p>22:00 ♦ ROSS KEMP: EXTREME WORLD</p> <p>23:00 REPUBLIC OF DOYLE Crime drama series double bill. A popular crime novelist wants to shadow Jake on a case to find the philandering wife of an oil executive who's out on a bender. Later, when a groom goes missing minutes before his wedding ceremony, Jake is called in to find him.</p> <p>01:00 THE ROOKIES</p> <p>02:00 CHARLIE'S ANGELS Action series.</p> <p>03:00 STARSKY & HUTCH Crime drama series.</p>
E.TV	M-NET	MZANSI
<p>05:00 ♦ AFRO MUSICA</p> <p>05:30 JOSEPH PRINCE: NEW CREATION CHURCH TV</p> <p>06:00 I AM SOUL PRECIOUS</p> <p>06:25 E-INSERT</p> <p>06:30 THE APOSTLE SIMON MOKOENA SHOW</p> <p>07:00 GRASSROOTS</p> <p>07:25 E-INSERT</p> <p>07:30 HILLSONG</p> <p>08:00 PEPPA PIG</p> <p>08:05 COOL CATZ</p> <p>08:30 PAW PATROL</p> <p>09:00 NFL RUSH ZONE: GUARDIANS UNLEASHED</p> <p>09:30 CRAZ-E: SHIZ LIVE</p> <p>10:00 MARY, MARY</p> <p>11:00 E-INSERT</p> <p>11:05 GLITTER</p> <p>13:15 AMERICA'S GOT TALENT Double bill.</p> <p>16:00 ULTIMATE BRAAI MASTER</p> <p>17:00 WWE RAW</p> <p>18:00 ENews EARLY EDITION</p> <p>18:05 IKHANKATHA</p> <p>18:30 OMANG: WHO ARE YOU</p> <p>19:00 ENews DIRECT</p> <p>19:30 BLACK-ISH Comedy series. When Dre hurts himself playing basketball he hands over the planning of his 40th birthday party to his young assistant.</p> <p>20:00 THE MECHANIC</p> <p>22:15 HEAD ABOVE WATER</p> <p>23:50 EDGE OF AMERICA</p> <p>01:45 THE MECHANIC</p> <p>03:25 HEAD ABOVE WATER</p>	<p>07:00 ♦ ELLEN DEGENERES SHOW Omnibus.</p> <p>11:05 THE LITTLE PRINCE</p> <p>13:00 ♦ MACGYVER Action series.</p> <p>14:00 SUPER HUMAN</p> <p>15:00 SARAH GRAHAM'S FOOD SAFARI</p> <p>15:30 THE 101</p> <p>16:00 WINGING IT</p> <p>16:30 PROJECT RUNWAY: JUNIOR Fashion-design competition show.</p> <p>17:30 THE VOICE SA Singing competition series with coaches Karen Zoid, Kahn Morbee, Bobby van Jaarsveld and Lira.</p> <p>19:00 CARTE BLANCHE Current affairs show with Derek Watts, Bongani Bingwa, Devi Sankaree Govender and John Webb.</p> <p>20:05 THE HUNTSMAN: WINTER'S WAR</p> <p>22:20 ♦ GREY'S ANATOMY Medical drama series.</p> <p>23:20 RISEN</p> <p>01:05 DEADLY INFERNO</p> <p>02:30 THE GIFT</p> <p>04:30 OPEN SEASON: SCARED SILLY</p>	<p>06:00 GOSPEL ALIVE</p> <p>07:00 ICILONGO Gospel music show hosted by Kholeka Dubula and Pastor Steven Molakeng.</p> <p>08:00 SOUL SESSIONS</p> <p>08:30 TELL ME SWEET SOMETHING Local romantic comedy. 2015. PG. 90 min.</p> <p>10:00 ♦ ISIBAYA Omnibus.</p> <p>12:30 MZANSI MOVIES: JEALOUS MAKHELWANE</p> <p>13:30 ♦ SOUL SESSIONS</p> <p>14:00 MY STORY</p> <p>15:00 ♦ GREED & DESIRE Omnibus.</p> <p>17:00 ♦ THE RANAKAS Reality series.</p> <p>17:30 ♦ PAPA PENNY AHEE! Local reality series.</p> <p>18:00 DATE MY FAMILY Reality dating series.</p> <p>19:00 OUR PERFECT WEDDING Reality series.</p> <p>20:00 SAINTS AND SINNERS Local drama series.</p> <p>21:00 ♦ LOCKDOWN</p> <p>21:30 GLADIATOR Action. Russell Crowe, Joaquin Phoenix. 2000. 16. 155 min.</p> <p>00:00 ♦ ISIBAYA Omnibus.</p> <p>02:30 LOKSHIN BIOSKOP: RANDS AND FAMILY</p> <p>04:00 ♦ MZANSI GOSPEL Double bill.</p>



A BEAUTIFUL TREASURE BOX
OF LUXURIOUS PRALINES
WRAPPED IN DELICIOUS
CADBURY CHOCOLATE
WITH A VELVETY
CHOCOLATE CENTRE.

Cadbury



SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 DEVOTION</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS AND CURRENT AFFAIRS</p> <p>06:30 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ NGEMPELA</p> <p>08:30 ♦ ISIDINGO</p> <p>09:00 ♦ GENERATIONS: THE LEGACY</p> <p>09:30 ♦ MUVHANGO</p> <p>10:00 ♦ SKEEM SAAM</p> <p>10:30 TO BE ANNOUNCED</p> <p>11:00 DAILY THETHA</p> <p>12:00 ♦ YILUGELO LAKHO</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 MAKING MOVES</p> <p>15:00 DEGRASSI</p> <p>15:30 YO.TV</p> <p>16:30 ONE DAY LEADERS</p> <p>17:28 DEVOTION</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 ♦ NOW OR NEVER</p> <p>18:30 SKEEM SAAM</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 ♦ SES' TOP LA</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>20:30 UZALO</p> <p>Another person plants a seed of doubt in Ayanda's mind about the baby and she's shaken to the core.</p> <p>21:00 SOCCERZONE</p> <p>22:00 ♦ GOSPEL GOLD</p> <p>23:00 ♦ FACTUAL TALK</p> <p>00:00 KOZE KUSE</p>	<p>05:00 RIVONINGO</p> <p>05:30 TAKALANI SESAME</p> <p>05:57 MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>08:30 TREE FU TOM</p> <p>09:00 RIVONINGO</p> <p>09:30 THE MAGICAL WORLD OF LUNA BELLE</p> <p>10:00 GO ISA LESONG</p> <p>10:30 IN DEBT</p> <p>11:30 SCIENCE AND SPIRITUALITY</p> <p>12:30 ♦ MAMELLO</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ MPONENG</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>15:30 48 HOURS</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>Animated series.</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 VETKOEP/PALEIS</p> <p>19:30 KLIPHARD</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 LEIHLA LA SECHABA</p> <p>21:00 MUVHANGO</p> <p>Vho-Masindi battles to come to terms with her daughter's death.</p> <p>21:30 KEEPING SCORE</p> <p>22:00 ♦ THE BANTU HOUR</p> <p>23:00 NCIS</p> <p>Action series.</p> <p>00:00 SABC NEWS</p>	<p>05:30 ♦ SID THE SCIENCE KID</p> <p>06:00 EXPRESSO</p> <p>05:57 TRENDZ</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ MAGIC WITH MO</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ ESQUIRE'S CAR OF THE YEAR</p> <p>12:00 ♦ TRENDING SA</p> <p>13:00 NEWS</p> <p>13:30 AFRICA NEWS UPDATE</p> <p>14:00 FUN-NATIX</p> <p>15:00 ♦ FATMAN AND 13 BRIDES</p> <p>15:30 ♦ JUST COOKING</p> <p>16:00 REAL TALK WITH ANELE</p> <p>17:00 AFTERNOON EXPRESS</p> <p>18:00 BOLD & BEAUTIFUL</p> <p>18:30 NEWS</p> <p>19:00 ISIDINGO</p> <p>Kgothalo goes behind Tyson's back and takes Siphosethu to the penthouse.</p> <p>19:30 HIGH ROLLERS</p> <p>Luther and David play a game that forces Busi and Paul to act.</p> <p>20:00 SHARP SHOOTERS</p> <p>21:00 CELESE</p> <p>22:00 TRENDING SA</p> <p>23:00 ♦ THE FOLLOWING</p> <p>00:00 DAYS OF OUR LIVES</p> <p>01:00 ♦ BOLD & BEAUTIFUL</p> <p>01:30 ♦ ISIDINGO</p> <p>02:00 ♦ HIGH ROLLERS</p> <p>02:30 ♦ REPUBLIC OF DOYLE</p> <p>03:30 ♦ THE FOLLOWING</p> <p>04:30 ♦ DEUTSCHE WELLE</p> <p>News.</p>	<p>05:00 ♦ ELLIOT NDLOVU: AFRICAN HEALER FOR TODAY'S PEOPLE</p> <p>05:30 SUNRISE</p> <p>08:30 INFOCOMERCIALS</p> <p>09:00 YOUNG & RESTLESS</p> <p>10:00 ♦ SA'S GOT TALENT</p> <p>11:00 ♦ ESHIBOBO</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:30 ♦ ASHES TO ASHES</p> <p>12:55 ♦ THANKS A MILL SA</p> <p>13:00 NEWS DAY</p> <p>13:30 ♦ WWE 205 LIVE</p> <p>14:30 PEPPA PIG</p> <p>14:35 COOL CATZ</p> <p>15:00 BOB THE BUILDER</p> <p>15:15 FIREMAN SAM</p> <p>15:30 POWER RANGERS: DINO CHARGE</p> <p>15:55 DC SUPER HERO GIRLS</p> <p>16:00 CRAZ-E: SISTAHOOD</p> <p>16:00 STEVE HARVEY</p> <p>17:30 UNUSUAL SUSPECTS</p> <p>18:30 ENEWS DIRECT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDALI</p> <p>20:00 GOLD DIGGERS</p> <p>20:30 DEVIOUS MAIDS</p> <p>Comedy series. Nicholas is jealous of Marisol's growing friendship with her book editor.</p> <p>21:30 HUSTLE</p> <p>22:30 BEHIND ENEMY LINES</p> <p>00:20 VOYAGE OF THE HEART</p> <p>01:50 STAY COOL</p> <p>03:30 BEHIND ENEMY LINES</p> <p>04:50 E-INSERT</p>	<p>07:00 ♦ THE GOLDBERGS</p> <p>07:30 ♦ SUITS</p> <p>08:30 ♦ LETHAL WEAPON</p> <p>09:30 THE LADY IN THE VAN</p> <p>11:30 ♦ MOM</p> <p>12:00 ♦ ELLEN DEGENERES SHOW</p> <p>13:00 ♦ MASTERCHEF JUNIOR USA</p> <p>14:00 ♦ THE VOICE SA</p> <p>15:30 ♦ WINGING IT</p> <p>16:00 ♦ CARTE BLANCHE</p> <p>17:00 ELLEN DEGENERES SHOW</p> <p>18:00 SARAH GRAHAM'S FOOD SAFARI</p> <p>18:30 MASTERCHEF JUNIOR USA</p> <p>19:30 GREY'S ANATOMY</p> <p>20:30 BULL</p> <p>21:30 ♦ ADELE: LIVE IN NEW YORK CITY</p> <p>22:30 ♦ CARTE BLANCHE</p> <p>23:25 HELLO, MY NAME IS DORIS</p> <p>01:05 SUFFRAGETTE</p> <p>03:10 BEFORE WE GO</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>07:00 THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: IMALI YEGAZI</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ GREED & DESIRE</p> <p>11:00 ♦ TANGLED HEARTS</p> <p>12:00 ♦ BOUNCE</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ GREED & DESIRE</p> <p>14:00 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK</p> <p>16:00 ♦ THE TALK</p> <p>17:00 TANGLED HEARTS</p> <p>18:00 ♦ RING OF LIES</p> <p>18:30 ♦ PLEASE STEP IN</p> <p>19:00 ♦ MZANSI FOOTBALLERS</p> <p>19:30 GREED & DESIRE</p> <p>20:00 LOCKDOWN</p> <p>Local drama series.</p> <p>20:30 ISIBAYA</p> <p>21:00 THE QUEEN</p> <p>Local drama series.</p> <p>21:30 HOUSE OF LIES</p> <p>Courtroom comedy series double bill.</p> <p>22:30 HOLY MAN</p> <p>Comedy. 1998. PG. 114 min.</p> <p>00:30 ♦ TANGLED HEARTS</p> <p>01:30 ♦ THE TALK</p> <p>02:30 LOKSHIN BIOSKOP: IMALI YEGAZI</p> <p>04:00 ♦ ISIBAYA</p> <p>04:30 ♦ THE QUEEN</p> <p>04:30 LOKSHIN BIOSKOP: MANTSHINGILANE</p>
SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 DEVOTION</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS AND CURRENT AFFAIRS</p> <p>06:30 THE LION GUARD</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ BOLD & BEAUTIFUL</p> <p>08:30 ♦ ISIDINGO</p> <p>09:00 ♦ GENERATIONS: THE LEGACY</p> <p>09:30 ♦ MUVHANGO</p> <p>10:00 ♦ SKEEM SAAM</p> <p>10:30 TO BE ANNOUNCED</p> <p>11:00 DAILY THETHA</p> <p>12:00 ♦ SOCCERZONE</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ISPANI</p> <p>15:00 DEGRASSI: THE NEXT GENERATION</p> <p>16:00 YO.TV</p> <p>16:30 TO BE ANNOUNCED</p> <p>17:28 DEVOTION</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 ♦ NYAN' NYAN</p> <p>18:30 SKEEM SAAM</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 SELIMATHUNZI</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>Getty is shocked to find a man in Nolwazi's bed.</p> <p>20:30 UZALO</p> <p>21:00 RAW SILK</p> <p>22:00 MY WORLD</p> <p>23:00 TO BE ANNOUNCED</p> <p>00:00 KOZE KUSE</p>	<p>05:00 RIVONINGO</p> <p>05:30 TAKALANI SESAME</p> <p>05:57 MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 TREE FU TOM</p> <p>09:30 INSIDE THE BAOBAB TREE</p> <p>10:00 MATIHLAADIBONA</p> <p>10:30 TALK SA</p> <p>11:00 HOLA HA MONATE</p> <p>11:30 GLOBAL WARMING</p> <p>12:30 ♦ MAMELLO</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>Animated series.</p> <p>15:30 DISCOVER SCIENCE</p> <p>16:00 HECTIC NINE-9</p> <p>Kids' variety show.</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>18:00 AFRIKAANS NEWS</p> <p>19:00 FEES VAN DIE OENGOOIDES</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 NHLALALA YA RIXAKA</p> <p>21:00 MUVHANGO</p> <p>21:30 KEEPING SCORE</p> <p>Odesa gets the cold shoulder from the athletes.</p> <p>Warona is exhausted after the fashion show.</p> <p>22:00 ♦ GOSPEL CLASSICS</p> <p>23:00 ♦ MY WIFE AND KIDS</p> <p>Double bill.</p> <p>00:00 SABC NEWS</p>	<p>05:30 NUTRI VENTURES</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ HAIR BATTLE SPECTACULAR</p> <p>Reality series.</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ HIGH ROLLERS</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ LARGER THAN LIFE</p> <p>12:00 ♦ TRENDING SA</p> <p>13:00 NEWS</p> <p>13:30 AFRICA NEWS UPDATE</p> <p>14:00 FUN-NATIX</p> <p>15:00 ♦ MELA</p> <p>15:30 REAL TALK WITH ANELE</p> <p>17:00 AFTERNOON EXPRESS</p> <p>18:00 BOLD & BEAUTIFUL</p> <p>Bill, Katie, and Brooke get used to working side-by-side at Spencer Publications.</p> <p>18:30 NEWS</p> <p>19:00 ISIDINGO</p> <p>19:30 HIGH ROLLERS</p> <p>Denton tells Pam he's going ahead with his plan with Esme.</p> <p>20:00 TOP CHEF</p> <p>21:00 HUMANS</p> <p>22:00 TRENDING SA</p> <p>23:00 DR. 90210</p> <p>00:00 DAYS OF OUR LIVES</p> <p>01:00 ♦ BOLD & BEAUTIFUL</p> <p>01:30 ♦ ISIDINGO</p> <p>02:00 ♦ HIGH ROLLERS</p> <p>02:30 ♦ REPUBLIC OF DOYLE</p> <p>03:30 ♦ DR. 90210</p> <p>04:30 ♦ DUETSCH WELLE</p> <p>News.</p>	<p>05:00 HILLSONG</p> <p>05:30 SUNRISE</p> <p>08:30 INFOCOMERCIALS</p> <p>09:00 YOUNG & RESTLESS</p> <p>09:50 INFOCOMERCIALS</p> <p>10:00 ♦ SA'S GOT TALENT</p> <p>10:55 INFOCOMERCIALS</p> <p>11:00 ♦ THE CLOSE UP</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDALI</p> <p>12:30 ♦ ASHES TO ASHES</p> <p>13:00 NEWS DAY</p> <p>13:30 WWE EXPERIENCE</p> <p>14:25 INFOCOMERCIALS</p> <p>14:30 PEPPA PIG</p> <p>14:35 COOL CATZ</p> <p>15:00 JULIUS JR.</p> <p>15:30 POKEMON THE SERIES: XYZ</p> <p>15:55 DC SUPER HERO GIRLS</p> <p>16:00 CRAZ-E: FRENZY</p> <p>16:30 STEVE HARVEY</p> <p>17:30 UNUSUAL SUSPECTS</p> <p>18:30 ENEWS DIRECT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDALI</p> <p>20:00 GOLD DIGGERS</p> <p>20:30 AGENTS OF S.H.I.E.L.D.</p> <p>Sci-fi series. With their world turned upside down, Coulson races to save his one true love.</p> <p>21:30 HEIST</p> <p>22:00 CHECKPOINT</p> <p>22:30 I LOVE YOU, MAN</p> <p>00:40 RUNNING WITH THE HYTMAN</p> <p>02:20 SEA WOLF: THE PIRATE'S CURSE</p>	<p>07:00 ♦ MOM</p> <p>07:30 ♦ MACGYVER</p> <p>08:30 ♦ BETTER LATE THAN NEVER</p> <p>09:30 LOVE THE COOPERS</p> <p>11:30 ♦ SARAH GRAHAM'S FOOD SAFARI</p> <p>12:00 ♦ ELLEN DEGENERES SHOW</p> <p>13:00 ♦ MASTERCHEF JUNIOR USA</p> <p>Cooking competition.</p> <p>14:00 ♦ BLINDSPOT</p> <p>15:00 ♦ BULL</p> <p>16:00 ♦ GREY'S ANATOMY</p> <p>17:00 ELLEN DEGENERES SHOW</p> <p>18:00 ♦ MOM</p> <p>18:30 MASTERCHEF JUNIOR USA</p> <p>19:30 CHICAGO FIRE</p> <p>20:30 CHICAGO P.D.</p> <p>Crime drama series.</p> <p>21:30 CHICAGO MED</p> <p>22:30 CAUGHT ON CAMERA</p> <p>23:35 ANOMALISA</p> <p>01:11 THE GIFT</p> <p>03:20 HOME INVASION</p> <p>05:00 ♦ ELLEN DEGENERES SHOW</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>07:00 THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: THE TOKOLOSHE SLAYER</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ GREED & DESIRE</p> <p>11:00 ♦ TANGLED HEARTS</p> <p>12:00 ♦ BOUNCE</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ GREED & DESIRE</p> <p>14:00 LOKSHIN BIOSKOP: INGOMA</p> <p>15:30 SIFUN'UKWAZI</p> <p>16:00 ♦ THE TALK</p> <p>17:00 TANGLED HEARTS</p> <p>18:00 ♦ RING OF LIES</p> <p>Local drama series.</p> <p>18:30 ♦ DATE MY FAMILY</p> <p>19:30 GREED & DESIRE</p> <p>Local drama series.</p> <p>20:00 UTATAKHO</p> <p>20:30 ISIBAYA</p> <p>21:00 THE QUEEN</p> <p>Local drama series.</p> <p>21:30 TELL ME SWEET SOMETHING</p> <p>Local romantic comedy. 2015. 90 min.</p> <p>23:00 ♦ TANGLED HEARTS</p> <p>00:00 ♦ THE TALK</p> <p>01:00 LOKSHIN BIOSKOP: THE TOKOLOSHE SLAYER</p> <p>02:30 ♦ ISIBAYA</p> <p>03:00 ♦ THE QUEEN</p> <p>03:30 LOKSHIN BIOSKOP: INGOMA</p> <p>05:00 ♦ DAILY SUN TV</p>



THE BLACKLIST

E.TV, 20:30

Liz's relationship with Reddington is called into question.

YOU LEISURE

TV | WEDNESDAY | 15 FEBRUARY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>06:00 KIDS' NEWS AND CURRENT AFFAIRS</p> <p>06:30 THE MATT HATTER CHRONICLES</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ NGENPELA</p> <p>08:30 ♦ ISIDINGO</p> <p>09:00 ♦ GENERATIONS: THE LEGACY</p> <p>09:30 ♦ MUVHANGO</p> <p>10:00 ♦ SKEEM SAAM</p> <p>10:30 TO BE ANNOUNCED</p> <p>11:00 ♦ DAILY THETHA</p> <p>12:00 ♦ CHATROOM</p> <p>12:30 ♦ IDENTITY</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ♦ KHUMBUL'EKHAYA</p> <p>15:00 DEGRASSI: THE NEXT GENERATION</p> <p>15:30 YO.TV</p> <p>16:30 FACTUAL TALK</p> <p>17:28 ♦ DEVOTION</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 COME AGAIN</p> <p>18:30 SKEEM SAAM</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 SES' TOP LA</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>20:30 UZALO</p> <p>Drama series.</p> <p>21:00 KHUMBUL'EKHAYA</p> <p>22:00 ♦ SPORT@10</p> <p>23:00 SOCCER (DELAYED)</p>	<p>05:00 RIVONINGO</p> <p>05:30 TAKALANI SESAME</p> <p>05:57 OP PAD</p> <p>06:00 MORNING LIVE</p> <p>09:00 TREE FU TOM</p> <p>09:30 INSIDE THE BAOBAB TREE</p> <p>10:00 ♦ HESTER & ESTER BESTER</p> <p>10:30 ♦ KLIPHARD</p> <p>11:00 GAME ON</p> <p>11:30 ♦ SHORELINE</p> <p>12:30 ♦ MAMELO</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>Animated series.</p> <p>15:30 ROUGHING IT OUT</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>André and Connie enjoy each other's company.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 GEURE VAN DIE VALLEI</p> <p>19:30 AUTHENTIEK</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 MOTSWAKO</p> <p>21:00 LIVE LOTTO DRAW</p> <p>21:04 MUVHANGO</p> <p>21:30 90 PLEIN STREET</p> <p>22:00 SOUL'D OUT SESSIONS</p> <p>23:00 ♦ MY WIFE AND KIDS</p> <p>Double bill.</p> <p>00:00 SABC NEWS</p>	<p>05:30 ♦ PARENTAL ANIMATION WITH HELLO KITTY</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ TRENDZ</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ HIGH ROLLERS</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ LARGER THAN LIFE</p> <p>12:00 TRENDING SA</p> <p>13:00 NEWS</p> <p>13:30 AFRICA NEWS UPDATE</p> <p>14:00 FUN-NATIX</p> <p>15:00 ♦ SHARP SHOOTERS</p> <p>16:00 REAL TALK WITH ANELE</p> <p>17:00 AFTERNOON EXPRESS</p> <p>18:00 BOLD & BEAUTIFUL</p> <p>18:30 NEWS</p> <p>19:00 ISIDINGO</p> <p>19:30 HIGH ROLLERS</p> <p>20:00 MECUM DEALMAKERS</p> <p>21:00 THE BIG BANG THEORY</p> <p>Comedy series. Howard decides to move in with Bernadette.</p> <p>21:30 SPECIAL ASSIGNMENT</p> <p>22:00 TRENDING SA</p> <p>23:00 WHO DO YOU THINK YOU ARE?</p> <p>00:00 DAYS OF OUR LIVES</p> <p>01:00 ♦ BOLD & BEAUTIFUL</p> <p>01:30 ♦ ISIDINGO</p> <p>02:00 ♦ HIGH ROLLERS</p> <p>02:30 ♦ THE ROOKIES</p> <p>03:30 ♦ CHARLIE'S ANGELS</p> <p>04:30 ♦ DUETSCH WELLE</p> <p>News.</p>	<p>05:30 SUNRISE</p> <p>08:30 INFOMERCIALS</p> <p>09:00 YOUNG & RESTLESS</p> <p>09:50 INFOMERCIALS</p> <p>10:00 ♦ SA'S GOT TALENT</p> <p>11:00 ♦ GROUND ZERO</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ ASHES TO ASHES</p> <p>13:00 NEWS DAY</p> <p>13:30 ♦ WWE SMACKDOWN</p> <p>14:25 INFOMERCIALS</p> <p>14:30 PEPPA PIG</p> <p>14:35 COOL CATZ</p> <p>15:00 THE PENGUINS OF MADAGASCAR</p> <p>15:30 REGAL ACADEMY</p> <p>15:55 DC SUPER HERO GIRLS</p> <p>16:00 CRAZ-E: SHIZ LIVE</p> <p>16:30 STEVE HARVEY</p> <p>17:30 UNUSUAL SUSPECTS</p> <p>18:30 ENEWS DIRECT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDAL!</p> <p>20:00 GOLD DIGGERS</p> <p>20:30 THE BLACKLIST</p> <p>21:30 EMPIRE</p> <p>Music drama series. The discovery of a dark secret by Andre threatens to sabotage Lucious' music video about his mother.</p> <p>22:30 FLIGHT OF THE PHOENIX</p> <p>00:50 OUT OF THE WOODS</p> <p>02:55 MAXIMUM VELOCITY</p> <p>04:05 ♦ STEVE HARVEY</p>	<p>11:00 ♦ THE 101</p> <p>11:30 ♦ SARAH GRAHAM'S FOOD SAFARI</p> <p>12:00 ♦ ELLEN DEGENERES SHOW</p> <p>13:00 ♦ MASTERCHEF JUNIOR USA</p> <p>14:00 ♦ MADAM SECRETARY</p> <p>15:00 ♦ CHICAGO P.D.</p> <p>16:00 ♦ CHICAGO FIRE</p> <p>17:00 ELLEN DEGENERES SHOW</p> <p>18:00 THE GREAT INDOORS</p> <p>18:30 MASTERCHEF JUNIOR USA</p> <p>19:30 MODERN FAMILY</p> <p>20:00 ♦ THE BIG BANG THEORY</p> <p>20:30 TO BE ANNOUNCED</p> <p>21:30 THE BLACKLIST</p> <p>22:30 ♦ RIVERDALE</p> <p>23:40 THE OTHER SIDE OF THE DOOR</p> <p>01:30 BULL*</p> <p>02:30 ENTERTAINMENT NOW</p> <p>03:10 TRIGGER POINT</p>	<p>06:00 ♦ TANGLED HEARTS</p> <p>07:00 THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: HOW I MET MY HUSBAND</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ GREED & DESIRE</p> <p>11:00 ♦ TANGLED HEARTS</p> <p>12:00 ♦ BOUNCE</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ GREED & DESIRE</p> <p>14:00 LOKSHIN BIOSKOP: PSYCHO</p> <p>15:30 SIFUN'UKWAZI</p> <p>16:00 ♦ THE TALK</p> <p>17:00 TANGLED HEARTS</p> <p>18:00 ♦ RING OF LIES</p> <p>18:30 ♦ OUR PERFECT WEDDING</p> <p>Reality series hosted by Themba Mda.</p> <p>19:30 GREED & DESIRE</p> <p>20:00 PAPA PENNY AHEE!</p> <p>20:30 ISIBAYA</p> <p>Local drama series.</p> <p>21:00 THE QUEEN</p> <p>21:30 ROCKVILLE</p> <p>Local drama series.</p> <p>22:30 NIGHT OF REVIVAL</p> <p>23:30 ♦ TANGLED HEARTS</p> <p>00:30 ♦ THE TALK</p> <p>01:30 LOKSHIN BIOSKOP: PSYCHO</p> <p>03:00 ♦ ISIBAYA</p> <p>04:00 LOKSHIN BIOSKOP: HOW I MET MY HUSBAND</p>

DECODER

AS ABOVE, EXCEPT

16:00 ELLEN DEGENERES SHOW

17:00 ♦ THE GOLDBERGS

17:30 ♦ BINNELANDERS

18:00 SUIDOOSTER

22:30 BINNELANDERS

23:00 ♦ CHICAGO MED

23:55 THE OTHER SIDE

OF THE DOOR

02:30 TRIGGER POINT

04:00 MY BIG FAT GREEK

WEDDING 2

YOU LEISURE

LAUGH A LITTLE

Fancy yourself a joker? Email original jokes to chuckles@you.co.za or send them to Chuckles, YOU, PO Box 7167, Roggebaai 8012, and we may publish them on this page.

BLESS HIM!

Two brothers who've made a fortune out of crime now pretend to be upstanding members of their community and even regularly attend church where they're good friends of the pastor.

When the pastor dies he's replaced by a much younger man who's a popular choice, which causes the locals to flock to his sermons.

Soon there's a need for a bigger church building and a fund-raising campaign is launched.

Then one of the brothers dies. The day before his funeral the surviving brother goes to see the pastor and hands him a cheque for the outstanding amount needed for the new church.

"I have only one condition," he says. "At my brother's funeral you must say he was a saint"

The pastor, who's well aware of how the brothers made their

money, agrees and deposits the cheque.

The next day at the funeral the pastor addresses the mourners. "The deceased was an evil man," he says. "He was a criminal with no conscience who also cheated on his wife and abused his family. But compared with his brother he was a saint."

PROUD MOMS

Three old ladies are sitting around a table playing bridge and bragging about their sons.

"Everyone should be so lucky to have a son like my Freddie," Margaret says. "Once a week he brings me a huge bouquet of flowers, he's constantly taking me out to restaurants and if I so much as hint that I want something it's on my doorstep the next morning."

"That's very nice about your Freddie," Gertrude says. "But with all due respect, when I think

about the way my Sammy takes care of me it just can't compare.

"Every morning when I wake up he greets me with bacon and eggs and freshly brewed coffee.

"Every lunch he comes over and cooks me a gourmet meal, and every supper he invites me over to his house; he truly treats me like a queen."

"Well!" Barbara says. "I don't want to make either of you feel bad or anything but wait until you hear about my Harry."

"Twice a week he pays someone R800 an hour just so he can lie on their couch and talk to them, and who do you think he talks about at those prices?"

"I'll tell you who he talks about! All he talks about is me!"

HER LUCK'S RUNNING OUT

A blonde is standing at a vending machine at work and keeps putting in coins and getting another can of cooldrink.

After a while, with several cans at her feet and a long line forming behind her, one of her co-workers taps her on the shoulder and asks if she'll be much longer because they want drinks too.

The blonde turns around to give him a really dirty look. "Duh, I'm still winning..."

CRAVINGS

A Grade 1 teacher asks her class about their families. Johnny excitedly tells her his mom is pregnant, and every day after that he mentions how much he's looking forward to meeting his new sibling.

But a few weeks later the teacher realises Johnny hasn't mentioned his new brother or sister in a while and asks him about it.

"Well," Johnny says, "my mom told me she could feel the baby moving in her stomach... I think she ate it!" ■

THURSDAY

■ **HOME INVASION** ★★★ 2016, 85 MIN, 13VL, M-NET, 09:30. **THRILLER.** A wealthy woman and her stepson are attacked in their remote mansion by burglars. **Natasha Henstridge, Jason Patric.**

■ **DADDY'S LITTLE GIRLS** ★★★ 2007, 100 MIN, PG13, E.T.V, 21:00 & 02:40. **ROMANTIC DRAMA.** A man enlists the help of a lawyer to get custody of his three daughters. **Gabrielle Union, Idris Elba.**

■ **BACKWASH** ★★ 2010, 90 MIN, PG, E.T.V, 23:05. **COMEDY.** Three slacker friends go on a crazy adventure. **Joshua Malina.**

■ **ANOMALISA** ★★★★★ 2015, 90 MIN, 16SNL, M-NET SATELLITE 23:30, M-NET DECODER 00:25. **ANIMATED DRAMA.** A chance encounter gives a bored man a glimpse of what he's missing.

■ **SIBLINGS** ★★★★★ 2009, 88 MIN, 16VL, E.T.V, 00:25. **COMEDY.** Dysfunctional siblings' lives are turned upside down when their parents call them together for a family gathering. **Trey Dudley.**

■ **THE 5TH WAVE** ★★ 2016, 112 MIN, PG13, M-NET SAT 03:00, M-NET DEC 03:20. **SCI-FI ACTION.** After most of Earth has been devastated by four alien attacks, a teenager tries to find her younger brother. **Chloë Grace Moretz.**

FRIDAY

■ **KINDERGARTEN COP 2** ★★ 2016, 100 MIN, PG13, M-NET, 09:30. **ACTION COMEDY.** A grumpy FBI agent goes undercover as a kindergarten teacher to recover stolen data. **Dolph Lundgren.**

■ **GOOD BOY!** ★★ 2007, 87 MIN, A, E.T.V, 14:30. **SCI-FI COMEDY.** An alien dog is sent to Earth to see if dogs have taken over the planet. **Liam Aiken, Matthew Broderick.**

■ **WRATH OF THE TITANS** ★★ 2012, 99 MIN, PG13, E.T.V, 20:30. **FANTASY ADVENTURE.** The sequel to Clash Of The Titans. Demigod Perseus has to come to the aid of his father, Zeus, who's been captured by his brother Hades and son Ares. **Sam Worthington, Liam Neeson.**

■ **SPECIES II** ★★ 1998, 93 MIN, 18VSNL, E.T.V, 22:35 & 02:35. **SCI-FI ACTION.** After a mission to Mars, an astronaut infected with an alien virus goes on a killing spree and scientists create a human-alien hybrid to stop him. **Michael Madsen.**

■ **THE GIFT** ★★★★★ 2015, 108 MIN, 16L, M-NET SAT, 23:15. **THRILLER.** A wealthy couple have just moved to Los Angeles when they run into the husband's creepy old classmate. As he steadily worms his way into their lives the husband's patience wears thin, but after a confrontation things take a sinister turn. **Jason Bateman, Rebecca Hall.**

■ **REVELATION** ★★ 2002, 99 MIN, 16, E.T.V, 00:30. **HORROR.** An American doctor whose medical licence is revoked after the death of a patient takes a holiday in Jamaica where she encounters a voodoo cult. **Jennifer Grey, Craig Sheffer.**

■ **THE FINEST HOURS** ★★ 2016, 117 MIN, PG13, M-NET, 03:05. **TRUE-LIFE ACTION.** During a blizzard in 1952, four members of the US Coast Guard try to rescue the crew of an oil tanker that's being ripped in half by the storm. **Chris Pine.**

SATURDAY

■ **THE LITTLE PRINCE** ★★★★★ 2015, 108 MIN, PG, M-NET, 13:00. **ANIMATED ADVENTURE.** A little girl who has to follow her mother's strict routine so she can get into a prestigious school is introduced to imagination and fun by her eccentric neighbour.

■ **THE WIND IN THE WILLOWS** ★★★★★ 1997, 88 MIN, A, E.T.V, 14:05. **ANIMATED COMEDY.** When wealthy landowner Toad sells Mole's underground home to weasels, Mole and his friend Rat decide to fight back.

■ **MULAN** ★★★★★ 1998, 88 MIN, A, SABC2, 16:00. **ANIMATED ADVENTURE.** In third-century China a teenage girl disguises herself as a man to take her aged father's place when he's called up for military service.

■ **MAN OF TAI CHI** ★★ 2013, 105 MIN, 16, SABC3, 19:00. **ACTION.** A young martial artist's skills land him in a lucrative underground fight club. **Keanu Reeves.**

■ **BIG MOMMA'S HOUSE 2** ★ 2006, 99 MIN, PG13, E.T.V, 19:30. **ACTION COMEDY.** A male FBI agent dons a granny disguise to go undercover as a nanny to the children of a man suspected of creating a computer virus. **Martin Lawrence, Nia Long.**

■ **ALL IS LOST** ★★★★★ 2013, 106 MIN, PG13, SABC2, 21:04. **ACTION ADVENTURE.** A sailor alone at sea has to fight for his life when his yacht collides with a floating shipping container. **Robert Redford.**

■ **WAITING TO EXHALE** ★★★★★ 1995, 124 MIN, 16, E.T.V, 21:35. **DRAMA.** Four women support one another while dealing with relationship problems. **Whitney Houston.**

■ **POINT BREAK** ★★ 2015, 114 MIN, PG13, M-NET, 22:30. **ACTION.** An FBI agent infiltrates a gang of extreme sports athletes suspected of pulling off a series of daring heists. **Edgar Ramirez.**

■ **BODY OF A WOMAN** ★★★★★ 1997, 98 MIN, 16SL, E.T.V, 00:10. **DRAMA.** When her husband refuses to share his insurance payout with her, a bartender enlists the help of a drifter to get her share of the money. **Lara Flynn Boyle.**

■ **STANDOFF** ★★★★★ 2016, 80 MIN, 16VL, M-NET, 00:30. **THRILLER.** A troubled army veteran is given a chance at redemption when he's tasked with protecting a young girl from an assassin. **Thomas Jane.**

■ **SHARKMAN** ★★ 2005, 92 MIN, 16V, E.T.V, 01:40. **HORROR THRILLER.** A scientist accidentally turns himself into a half-shark, half-man. **Jeffrey Combs, William Forsythe.**

■ **THE DANISH GIRL** ★★★★★ 2015, 119 MIN, 16, M-NET, 01:55. **BIOPIC.** A look at the life of Danish artist Lili Elbe, who in the '20s was one of the first people to undergo sex reassignment surgery. **Eddie Redmayne.**

■ **BIG SKY** ★★ 2015, 90 MIN, 16VL, M-NET, 03:50. **THRILLER.** While travelling to a facility in the desert to treat her agoraphobia, a teen and her mom are attacked by two gunmen. **Bella Thorne.**

■ **JESSICA DARLING'S IT LIST** ★★★★★ 2016, 79 MIN, PG, M-NET, 05:25. **COMEDY.** A teenage girl who's about to start at a new school tries to follow her older sister's list of ways on how to become popular. **Chloe East.**

SUNDAY

■ **GLITTER** ★ 2001, 104 MIN, PG13, E.T.V, 11:05. **DRAMA.** A young singer eager to become a big star dates a DJ who helps her get into the music business. **Mariah Carey, Max Beesley.**

■ **THE LITTLE PRINCE** ★★★★★ M-NET, 11:05. See Saturday.

■ **A FAIRLY ODD SUMMER** ★★ 2014, 68 MIN, A, SABC3, 14:30. **FANTASY COMEDY.** The third film based on the TV series The Fairly OddParents. A man and his fairy godparents take a trip to Hawaii. **Drake Bell, Daniella Monet.**

■ **THE WEDDING PLANNER** ★★ 2001, 103 MIN, PG13L, SABC1, 19:00. **ROMANTIC COMEDY.** A professional wedding planner falls for the fiancé of an important client. **Jennifer Lopez, Matthew McConaughey.**

■ **THE MECHANIC** ★★★★★ 2011, 93 MIN, 16VSNL, E.T.V, 20:00 & 01:45. **ACTION.** After an elite hitman's mentor is killed, he takes on the mentor's son as an apprentice. **Jason Statham, Ben Foster.**

■ **THE HUNTSMAN: WINTER'S WAR** ★★ 2016, 114 MIN, 13VS, M-NET, 20:05. **FANTASY ADVENTURE.** The sequel to Snow White And The Huntsmen. A huntsman has to stop two evil sister queens from taking over the world. **Chris Hemsworth, Charlize Theron.**

■ **HEAD ABOVE WATER** ★★★★★ 1996, 92 MIN, PG13, E.T.V, 22:15 & 03:25. **CRIME COMEDY.** During a holiday at his young wife's remote family beach house, a judge goes on a fishing trip with the house's caretaker. While they're away the wife's old flame shows up and the next morning she wakes up to find him naked and dead in her bed. **Harvey Keitel, Cameron Diaz.**

■ **RISEN** ★★★★★ 2016, 107 MIN, PG13, M-NET, 23:20. **DRAMA.** In 33 AD a Roman soldier is tasked with finding the body of a crucified Jewish man said to have risen from his grave. **Joseph Fiennes, Tom Felton.**

■ **EDGE OF AMERICA** ★★★★★ 2003, 105 MIN, PG13L, E.T.V, 23:50. **TRUE-LIFE DRAMA.** An African American teacher takes a job on a Native American reservation where he's persuaded to also coach the girls' basketball team. **James McDaniel.**

■ **DEADLY INFERNO** ★★ 2016, 85 MIN, PG13, M-NET, 01:05. **DRAMA.** A group of coworkers are trapped in a burning building. **David Sutcliffe, Michael Xavier.**

■ **THE GIFT** ★★★★★ M-NET, 02:30. See Friday.

■ **OPEN SEASON: SCARED SILLY** ★★★★★ 2015, 84 MIN, A, M-NET, 04:30. **ANIMATED COMEDY.** The fourth film in the series. A deer tries to help his friend, a tame bear, overcome his fears.

MONDAY

■ **THE LADY IN THE VAN** ★★★★★ 2015, 104 MIN, PG13, M-NET, 09:30. **TRUE-LIFE DRAMA.** A man develops a friendship with the homeless woman who's parked her van in his driveway. **Maggie Smith.**



■ **BEHIND ENEMY LINES** ★★★ 2001, 106 MIN, PG13, E.T.V, 22:30 & 03:30. **ACTION THRILLER.** A US naval officer is shot down over war-torn Bosnia and has to elude the Bosnian Serb Army while his commanding officer goes against orders and tries to rescue him. **Owen Wilson, Gene Hackman.**

■ **HELLO, MY NAME IS DORIS** ★★★ 2015, 95 MIN, 13L, M-NET SAT 23:25, M-NET DEC 00:15. **COMEDY.** A self-help seminar inspires a woman in her sixties to set her sights on a much-younger colleague. **Sally Field.**

■ **VOYAGE OF THE HEART** ★★★ 1989, 88 MIN, 13L, E.T.V, 00:20. **ROMANTIC DRAMA.** A varsity student doing a research project in a small Californian fishing village falls in love with a local middle-aged fisherman. **Bill Ackridge.**

■ **SUFFRAGETTE** ★★★★★ 2015, 106 MIN, 13L, M-NET SAT 01:05, M-NET DEC 01:55. **TRUE-LIFE DRAMA.** In '20s London a young working-class mother is recruited into the Suffragette movement that fights for women's rights. **Carey Mulligan, Helena Bonham Carter.**

■ **STAY COOL** ★★★ 2009, 94 MIN, PG13, E.T.V, 01:50. **COMEDY.** An au-

thor returns to his high school to give a speech to the graduating class, only to find himself dealing with his ex-girlfriend. **Winona Ryder.**

■ **BEFORE WE GO** ★★★★★ 2014, 95 MIN, PG13, M-NET SAT 03:10, M-NET DEC 03:55. **ROMANTIC COMEDY.** After missing the last train of the day, a woman is stuck at the station for the night where she meets a busker who tries to help her get home. **Chris Evans.**

TUESDAY

■ **LOVE THE COOPERS** ★★ 2015, 107 MIN, PG13, M-NET, 09:30. **COMEDY.** Four generations of a family get together for their annual Christmas dinner, but things get complicated when a few uninvited guests show up. **Alan Arkin.**

■ **I LOVE YOU, MAN** ★★★★★ 2009, 105 MIN, 16, E.T.V, 22:30. **COMEDY.** After asking his girlfriend to marry him, a man realises he has no one to be his best man and goes on a series of "dates" to find one. **Paul Rudd, Jason Segel.**

■ **ANOMALISA** ★★★★★ M-NET SAT 23:35, M-NET DEC 00:00. See Thursday.

■ **RUNNING WITH THE HITMAN** ★★ 2004, 87 MIN, PG, E.T.V, 00:40.

CRIME COMEDY. A retired businessman hires a hitman to get rid of his son-in-law, who's threatened to stop him visiting his grandson. **Judd Hirsch, Gil Bellows.**

■ **THE GIFT** ★★★★★ M-NET SAT 01:11, M-NET DEC 01:45. See Sunday.

■ **SEA WOLF: THE PIRATE'S CURSE** ★★ 2005, 90 MIN, PG13, E.T.V, 02:20. **ADVENTURE.** A fearless pirate goes on a perilous treasure hunt. **Thomas Ian Griffith, Gerit Kling.**

■ **HOME INVASION** ★★★ M-NET SAT 03:20, M-NET DEC 03:50. See Thursday.

WEDNESDAY

■ **FLIGHT OF THE PHOENIX** ★★ 2004, 113 MIN, PG13, E.T.V, 22:30. **ADVENTURE.** The survivors of a plane crash in the desert have to work together to build a new plane. **Dennis Quaid, Giovanni Ribisi.**

■ **THE OTHER SIDE OF THE DOOR** ★★ 2016, 96 MIN, 16, M-NET SAT 23:40, M-NET DEC 23:55. **HORROR.** After her son's death, an American woman travels to an ancient Indian temple to perform a ritual that lets her talk to him through a door. But despite the warning to never open the door,

she does so and releases evil spirits into the world. **Sarah Wayne Callies, Jeremy Sisto.**

■ **OUT OF THE WOODS** ★★★★★ 2005, 87 MIN, PG, E.T.V, 00:50. **ADVENTURE.** A young lawyer from the big city is sent to stop his eccentric grandfather from signing over his land to a Native American tribe but gets roped into a hiking trip. **Edward Asner, Jason London.**

■ **MAXIMUM VELOCITY** ★★ 2003, 93 MIN, PG13, E.T.V, 02:55. **SCI-FI ACTION.** A disbanded government organisation must use their secret weather-manipulating weapon to stop a catastrophic storm caused by a passing comet. **Wendy Carter, Gregor Toerzs.**

■ **TRIGGER POINT** ★★ 2015, 87 MIN, PG13, M-NET SAT 03:10, M-NET DEC 02:30. **THRILLER.** A woman joins an activist group to make a difference, only to discover she's got herself into a lot of trouble. **Jordan Hinson, Yani Gellman.**

■ **MY BIG FAT GREEK WEDDING 2** ★★ 2016, 94 MIN, PG13, M-NET DEC, 04:00. **COMEDY.** After finding out they were never legally married, an elderly Greek-American couple's family try to organise a wedding for them. **Nia Vardalos, John Corbett.**

NEW DVDs

THE BFG ★★★★★ 2016. 116 min. PG. Fantasy adventure. **R129***

While reading into the early hours of the morning, London orphan Sophie (**Ruby Barnhill**) is kidnapped



by the Big Friendly Giant, or BFG (**Mark Rylance**), and whisked away to his homeland because she has seen him and "human beans" aren't meant to know of giants' existence. At first she fears for her life but soon realises her kidnapper is a good-natured vegetarian, who catches dreams in jars and has no interest in eating her. What's more, in Giant Country he's the smallest and is mercilessly bullied by his larger neighbours – who find people quite tasty. In a bid to protect the bespectacled Sophie from a grizzly end the soft-hearted BFG also learns to protect himself.

Based on Roald Dahl's beloved children's book, this film filled with breathtaking scenes takes its time unfolding and director Steven Spielberg – much like the BFG – takes pleasure in small meaningful gestures. For kids it has plenty of silliness (think fart jokes and the BFG's impossibly befuddled vocabulary) while for adults it offers an intelligent and huge-hearted story. Some grown-ups might find the movie dull and too long but others will love it for reminding them what it was like to hide from a movie monster because he's big and scary and then finding out he's actually silly and scared himself. – LINDSAY DE FREITAS

*Available at these prices from takealot.com. Prices correct at time of going to print and subject to change without prior notice.

LIGHTS OUT ★★★★★ 2016. 78 min. 13HV. Horror. **R109*** Factory owner Paul (Billy Burke) gets murdered by a supernatural entity that can only move in the shadows. After his death his son, Martin (Gabriel Bateman), is afraid of the same creature. Meanwhile the boy's depressed mom (Maria Bello) speaks to an imaginary friend, Diana. This causes Martin to stop sleeping completely, afraid of what lurks in the shadows. Calling on his adult sister (Theresa Palmer) for help, she in turn uncovers a dark family secret.

Lights Out makes skilful use of the usual horror tropes and manages to give viewers an unsettling, fright-filled experience that delivers the chills time and again. You'll be wise to sleep with the lights on after watching this one. – PETRUS MALHERBE

MY FATHER'S WAR ★★ 2016. 10-12PG LV. 103 min. Local drama. **R154*** This bilingual (English and Afrikaans) movie is a portrait of the personal aftermath of the South African Border War of the '70s and '80s and how the trauma spans generations. Young Dap (Edwin van der Walt) hates Dawid (Stian Bam) for being an absent dad. Then, through what you may call divine intervention, Dap gains unique insight into what made his dad the man he is.

It's a good premise and the production quality is high, but the script could do with a deep polish. The actors have to dig deep to find authenticity in clichés and the emotions are on a constant high throughout – there's little variation. Unfortunately, as the movie makes important points. – LIZ DE VILLIERS

INDEPENDENCE DAY: RESURGENCE ★★ 2016. 122 min. 10-12PG V. Sci-fi action. **R135*** More of the same but without Will Smith's banter – that's one way to describe this sequel. After a silence of 20 years the aliens are back, though this time they appear to be out for revenge rather than world domination. Again the fate of the planet rests in the hands of a few heroes. Destruction on a global scale and the subsequent close shaves make Resurgence a visually striking but ultimately predictable affair. Fans of the 1995 original might enjoy the sequel – just as long as they're not expecting anything new. – JOE BOTHA

TO ADVERTISE HERE:
JOHANNESBURG: 083-274-6793
DURBAN: (031) 566-2442
FREE STATE: 083-274-6793
CAPE TOWN: (021) 443-9406

YOU BUYERS' GUIDE

Education & Training | Business Opportunities | Beauty, Fashion & Health
General Services | Accommodation | Entertainment | DIY | Cellphone Entertainment

BROWSE THROUGH OUR BUYERS' GUIDE.
YOU MAY JUST FIND WHAT YOU'RE LOOKING FOR!
Remember, Buyers' Guide is published in every issue.

Make Money
★ IN 2017 ★

With our wide range of profitable packages



Branches in
JHB, BFN & GTN

Call or email us for your **FREE** catalogue
Tel 011 789 6033 • Fax 011 781-3065
Email you@jge.co.za • www.jgelectronics.com

To advertise here,
contact:

VALERIE BURGER

E-mail:
vburger@media24.com

JHB & Bloemfontein
Cell: 083-274-6793

**HE DIDN'T CHARGE ME
FOR THE HEALING.
HE DID IT FOR
GOD'S SAKE.**

**Papa Sheeru saved my marriage without
charging anything**

I'm Vanessa from Benoni. I am 46 years old and the mother of three beautiful children. After a local priest referred me to **SHEERU van ROOYEN**, I contacted him in regard with my marriage problems. Papa **SHEERU van ROOYEN** prayed for me and gave me spiritual oil. I used the oil and my husband returned home and asked for forgiveness. He changed his life and we are a happy family once more.

**If you have similar problems such as finance,
marriage, promotions, children's success, and
divorce call Papa Sheeru.**

**Phone +27608543974 or
www.powerfullgurus.com**

Branches: Durban – Umhlanga – JHB – Sandton – CT



ACORN
STAIRLIFTS

**Are your stairs
a struggle?**

**Enjoy the full use of your home
with an Acorn Stairlift**

- Direct from the manufacturer
- Nationwide coverage
- Fast installation
- For straight and curved staircases
- FREE Survey & Quote

**CALL NOW ON FREEPHONE
0800 000 700**



To advertise here,
contact:

LOUISE SILVER

E-mail:
louise.silver@media24.com

Western Cape, Eastern Cape
and Northern Cape
Tel: 021-443-9407

SUDOKU

HOW TO PLAY

Fill in the missing numbers on the grid so every horizontal row, every vertical column and every 3x3 square contains the numbers 1 to 9 without omitting or repeating any.

SOLUTION TO NO 264

2	3	1	7	6	8	9	5	4
7	9	8	4	5	3	6	1	2
5	6	4	2	1	9	8	3	7
9	8	7	5	2	6	1	4	3
4	2	6	3	9	1	5	7	8
3	1	5	8	4	7	2	9	6
1	4	3	6	8	5	7	2	9
8	7	9	1	3	2	4	6	5
6	5	2	9	7	4	3	8	1

NO 265 - DIFFICULT

	5			3	8		2	
1				2				4
	7	6		1	4			
6						7	5	3
7	1				2			
	3					6	4	
		2	5				9	
5				6				

BY GERDA ENGELBRECHT

CROSSWORDS

WINNERS & SOLUTIONS

OUR COMPETITION WINNERS

Find the names of the winners of all YOU competitions on our website. Go to www.you.co.za/winners.

BLOCKBUSTER 1541

CROSSWORD DICTIONARY
M Cockett, Plettenberg Bay.
ANSWER: EWERS

(Turn over)

Two-way Teaser solution
ACROSS 3 Intention, 7 All in, 8 Paled, 9 Las Vegas, 10 Paper, 13 See, 15 Inmate, 16 On time, 17 Tan, 19 Azure, 23 Relegate, 24 U-boat, 25 Pizza, 26 Take a seat. DOWN 1 Ballerina, 2 Blush, 3 Index, 4 Tirade, 5 Tea party, 6 Oxeye, 11 Rue the day, 12 Carriage, 13 Set, 14 Eon, 18 Averse, 20 Zebra, 21 Tempt, 22 Gauze.

Find a Job
for Free.
No Internet
Needed.

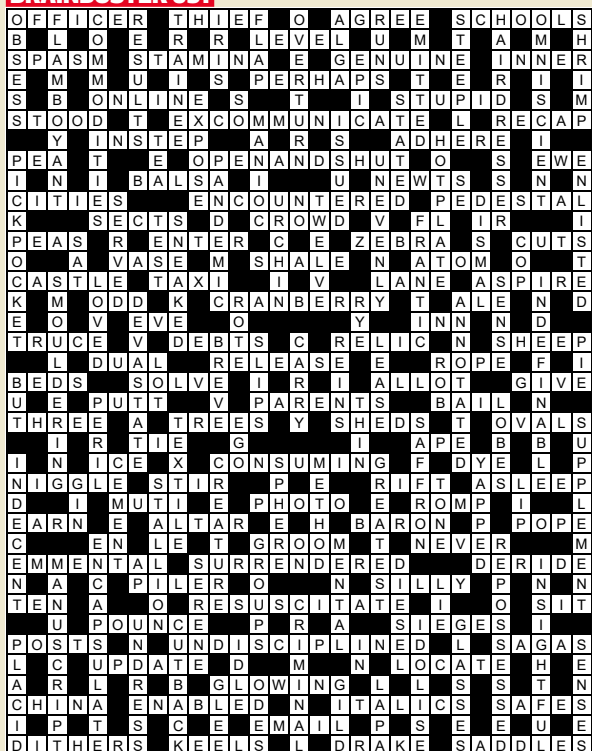
Dial Free:
*136*631#
(MTN only)

No Internet, Prepaid /
Airtime or Software
required to view Ads.



(From previous page)

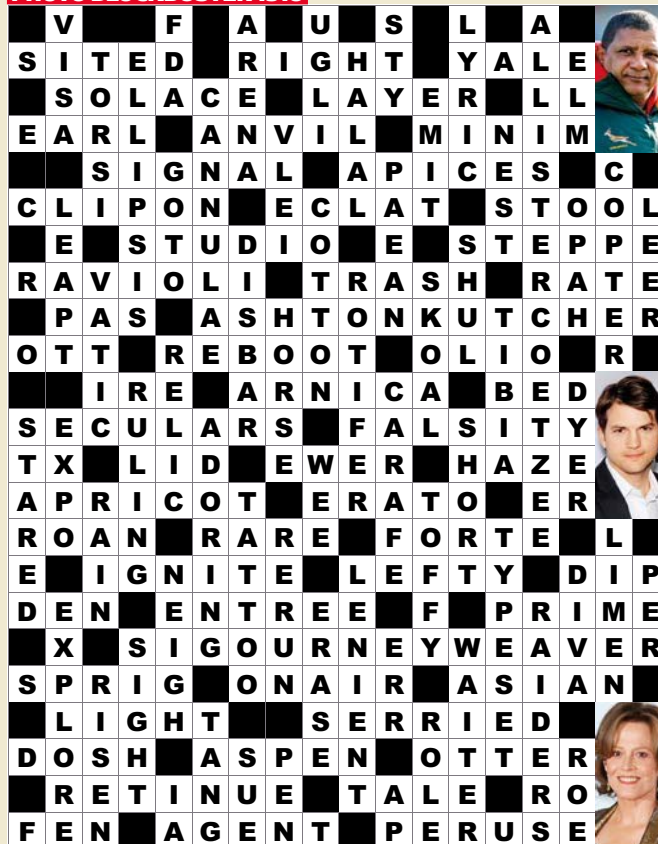
BRAINBUSTER 651



BLOCKBUSTER 1541



PHOTO BLOCKBUSTER 1518



YOU COMPETITION

WIN 1 OF 4 HIS-AND-HERS DANIEL KLEIN WATCH SETS

Daniel Klein, a global brand launched in 1973, offers a wide range of stylish high-quality watches at great prices that are sure to glam up your style. Prices range from R695 to R1 995.

Enter to win 1 of 4 his-and-hers Daniel Klein watch sets worth R2 890 each. The man's watch has a blue leather strap, rose gold case and blue dial with rose gold elements while the woman's watch has a blue mesh strap, blue dial and rose gold elements.

HOW TO ENTER

Answer the competition question and SMS your answer to 33150 by noon on 16 February 2017.

In what year was the Daniel Klein brand launched?



DANIEL KLEIN
fashion for everyone

**WORTH
R2 890
EACH**

Go to danielkleinwatches.co.za, follow the brand on Instagram (Daniel Klein South Africa) or like Daniel Klein on Facebook (DanielKleinSouthAfrica)

COMPETITION RULES, TERMS AND CONDITIONS The competition runs until noon on 16 February 2017. Each SMS costs R1.50. Free SMSes can't be used to enter. You have to be the legal owner of the cellphone or have the owner's permission to use the cellphone to enter. You may enter as many times as you like. Staff and their families of Media24 and the prize sponsor may not enter. You have to send the correct answer to the question to stand a chance to win. Winners will be chosen by random draw. Winners will be notified by telephone. If a winner can't be reached within three calls during business hours, a new winner will be chosen. Media24 and the prize sponsor take no responsibility for any damage caused by entering or taking part in this competition. Prizes are nontransferable and may not be exchanged for another prize or for cash. The prize sponsor is responsible for delivery of prizes within a reasonable time (four to six weeks). The colour of a prize can't be guaranteed and is subject to availability. By entering this competition, you consent to occasionally receiving promotional material from Media24.

COOL FACTS & TONS OF FUN!

NO WAY?!

- Gross and fascinating facts about the body! Why do we fart? What happens when we're scared?
- Explore the planets! Are we moving to Mars?

Moms, do your kids want to know everything about everything? Here's the solution! **YOU Did You Know?** is filled with kid-friendly illustrations and packed with facts that will keep them entertained for hours. Plus, they'll love watching the pages come alive in 3D!

WHAT?!

- Crazy details about insects and land and sea animals!
- How things work, from roller coasters to 3D printers!
- How things are formed, from pearls to rainbows!

HOW TO ORDER



CALL

021-406-4962

**YOU
SHOP**

GO TO

youstore.co.za and
order your copy online



BROUGHT TO YOU BY

HUIS
genoot

YOU

DRUM

The world's biggest and most popular children's app has arrived in South Africa!



ONLY
R59,99
A MONTH

Try the seven-day
free trial now

PRICE SUBJECT
TO EXCHANGE RATE
FLUCTUATIONS

EDUCATIONAL
ACTIVITIES FOR
TODDLERS AND
PRIMARY SCHOOL
CHILDREN

- Games
- Stories and books
- Songs
- Videos



PLUS!

Unique South African content
with your favourite characters

- Jungle Beat
- Lollos
- Songs by Pedro Kruger
and Marinda Engelbrecht
(New content uploaded regularly)



Lollos



Available in the
App Store



GET IT ON
Google play

HOT OFF THE PRESS

There's something for everyone in this bumper crop of books

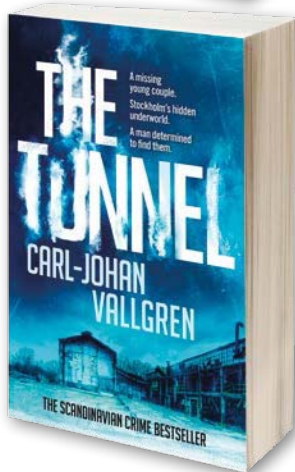


EARLY ONE SUNDAY MORNING I DECIDED TO STEP OUT AND FIND SOUTH AFRICA

★★★★ By LUKE ALFRED, NB Publishers

Imagine deciding one day to walk in the footsteps of our country's historical figures, both real and fictional. Journalist Luke Alfred did just that, spending more than a year travelling around South Africa on foot, visiting many historical sites from our past and present and meeting many fascinating people along the way.

Alfred has an accessible writing style as he delves into the past to explain our present. He ambles through his stories without rushing and makes interesting observations about the places and people he encounters. I loved that some of his walks followed the same route as characters in well-known South African fiction (Cry, The Beloved Country) as well as nonfiction (My Traitor's Heart). If you love South Africa and are fascinated by our history, this is a book you'll definitely enjoy. - MEGAN GOODALL



THE TUNNEL

★★★★ By CARL-JOHAN VALLGREN, Quercus

Ramón has been killed and his girlfriend, Jenny, has disappeared. What on earth could have happened to them? Where did Ramón get the money to buy a huge amount of drugs? And is Jenny really what she claimed to be? These are the questions Danny Katz, a former heroin user, struggles with.

Danny, who's rehabilitated but still gets the urge to inject himself from time to time, is now a private investigator and computer whizz. To find the answers he seeks he needs to enter the darkest corners of Stockholm's porn industry.

Some readers might find the graphic descriptions a bit too much to stomach. It's a tale with many twists and turns, one that's inhabited by drug dealers, pornographers and people who murder at the drop of a hat. There's no ray of hope, no redemption – it's gritty and bleak right up to the end. - ANDRÉ J BRINK

A TEEN'S GUIDE TO MODERN MANNERS: POEMS

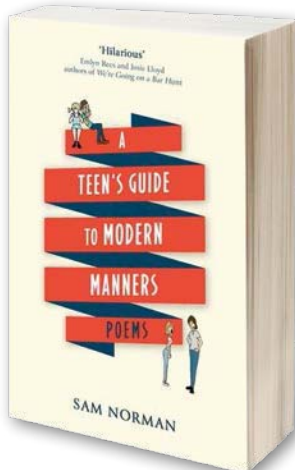
★★★★ By SAM NORMAN, Corsair

You've tried getting through to them. You've nagged and begged, threatened and bribed but still your teens' clothes are scattered on the bedroom floor while they remain glued to their phones.

Why not try saying it in a poem? This clever rhyming anthology of cautionary tales covers almost every potential source of parent-teen conflict and is guaranteed to have both you and your troublesome teenagers laughing out loud. Here's a sample.

Jenny Who Learnt The Hard Way The Importance Of Being Precise

And now, a word on being clear.
With Jenny's birthday getting near
Her parents asked her what she'd like –
A dress? A purse? A brand-new bike?
But Jenny gave them not a clue:
"Oh Mummy, anything from you!"
Alas. The silly, senseless klutz!
They gave her socks, and Jen went nuts.



**It covers
almost
every
source of
parent-teen
conflict**

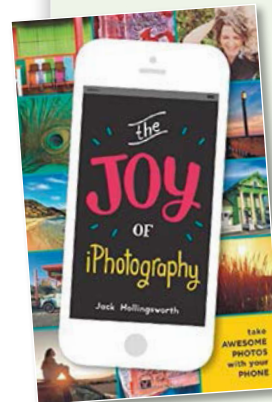
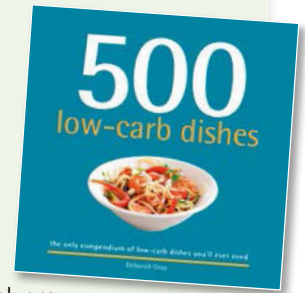
NEW ON THE SHELVES

500 LOW-CARB DISHES

By DEBORAH GRAY, Quintet

The problem with low-carb diets is they can become boring. With its 500

recipes, this book provides you with plenty of inspiration and clever alternatives to sugar and carbs. It offers ideas for breakfasts, snacks, packed lunches, salads, mains and sweet treats. What's really nice about it is that many of the recipes offer several variations so if you're missing ingredients you can adapt using items you have readily available in your fridge and pantry.



THE JOY OF iPHOTOGRAPHY

By JACK HOLLINGSWORTH, Hachette

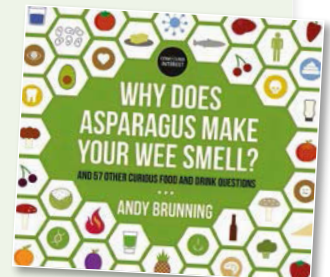
Admit it: when snapping pictures with your phone it's usually point, click and hope for the best. This handy book aims to help you be a bit more confident when taking

photos with your iPhone. It helps with just about every photographic possibility – from food shots to landscapes and sunrises. It even gives you tips about how to take the perfect selfie. A nifty gift for iPhone addicts.

WHY DOES ASPARAGUS MAKE YOUR WEE SMELL?

By ANDY BRUNNING, Orion

Do apple seeds really contain cyanide? Why does orange juice taste bitter after you've brushed your teeth? Is it wise to keep chocolate in the fridge? And does eating cheese really give you bad dreams? This quirky book covers a host of strange questions related to food and drink, delving into science to offer explanations that are easy to understand. Guaranteed to spark plenty of fascinating dinner-table discussions.





CIRCUS OF GHOSTS

Mimi felt as if she'd been old forever – until she visited the circus

By DOUGLAS McPHERSON Illustration: MINDI FLEMMING

IN THE peace of an autumnal Sunday in the 4th arrondissement, the crane with the wrecking ball stood ready. Neighbourhood by already flattened lots, the four-towered Grand Cirque de Paris stoically awaited its fate when work recommenced on Monday.

Emerging from the Metro across the square, Mimi Duveaux leant on her walking stick and held the small of her back as she straightened stiffly to take in the once proud edifice. Where she remembered a neon sign and the giant wooden shapes of dancing bears and clowns, only twisted iron remained, sticking out of the stonework like scars. Most of the windows were black holes, and barricades encircled the building, obscuring the pillared entrance.

At her care home in Provence they'd have kittens if they knew she'd made the journey alone. But when she learnt on the news of the demolition, Mimi knew she had to see the 150-year-old circus building one last time.

No one noticed her slip through the barricade. And the door stood open, for there was nothing left inside to steal.

As she made her way up the steps, a blast of music and laughter rushed at her from the past. She turned, half expecting to see Alonso the clown, with his beautifully painted white face and golden costume, playing his trumpet to entertain the queue of patrons that snaked along the pavement to the foyer.

But nothing moved on the pavement except litter in the breeze, and as the

snatch of music faded, Mimi realised it was the radio of a passing car.

In a foyer carpeted with pigeon droppings, a movement caught her still-sharp eye. An ancient lady, grey and stooped, stared at her from the shadows. Her reflection, she realised, in the cracked and grimy window of the box office.

Mimi sighed. She'd heard it said that time seemed to move quicker as you got older but for her it seemed to have stopped. She felt as if she'd been old forever. Her youth might have been someone else's life or a half-remembered story she'd read.

An image from that other life flashed sharply back to her, however, as she grasped the brass knob of the door to the auditorium. For a split second she was

16, tugging open the door for the first time and gazing in wonder at the circus in rehearsal.

The empty seats echoed with cries of “*Hep!*” (ready!) and “*Lesto!*” (go!) as tumblers somersaulted from a springboard onto one another’s shoulders, bounced on a trampoline and dangled from the roof on ropes and hoops. The war was over, France was free, and the reopening of the circus felt like a new beginning for her war-ravaged country and for Mimi herself.

A lifetime on, only silence and a puff of dust greeted her as the door opened. But the circular auditorium wasn’t dark as she’d expected. Two, three, four spotlights sliced through the musty air to illuminate the ring.

It can’t be... she thought, as she hurried to the edge of the circle. And, of course, it wasn’t. As she twisted her stiff neck upwards, the “spotlights” became shafts of daylight from holes in the roof.

The domed ceiling mesmerised her. Shading her eyes, she searched for the lofty trapeze rigging. It was long gone. But as she gripped the ring fence with fingers like white claws, she could feel the swing and the sway and the rush of the wind past her svelte body.

Her breathing fell into rhythm with the memory. Back and forth, amid the dazzling chandeliers. Then letting go – spinning in mid-air. Weightless for an endless moment, she felt as if she could stay up there, suspended in nothing, forever. Then, with a yank on her wrists, the catcher tugged her back into the world of gravity.

For a moment she was a pendulum on the end of the catcher’s steel-like arms. Then he tossed her back into the air. It was the return leap that always scared her – pirouetting blindly, arms outstretched in the trust that the trapeze bar would be there, at the uppermost point of its swing, for her to grab hold of. If it wasn’t... Mimi never got used to the occasional unplanned nine-metre drop to the net.

Especially after what happened to her darling Eduardo.

Heart in mouth, she was back in the moment that he came out of the triple a split-second too late. The centimetre between his fingers and the catcher’s might as well have been a kilometre.

From the vertiginous trapeze platform, Mimi watched, powerless, as her fiancé plunged to the net and landed badly. The

commiserative “Ohhh, from the audience turned to gasps and screams as Eduardo bounced from the net to the ground.

Thud!

The sound of Eduardo’s fatal impact wasn’t in Mimi’s memory, it was behind her. Heart racing, she spun around and realised the wind had blown shut the auditorium door.

After Eduardo’s death, the circus had lost its magic for Mimi.

They’d planned to marry and move to America, to start a new life with the Ringling Brothers Circus – the Greatest Show On Earth. But on her own there seemed no point.

She finished the season, then she walked, suitcase in hand, into the rain of a Parisian winter, telling no one where she was going – because she didn’t know.

WITH one hand on the fence, Mimi made her way slowly around the ring to the artiste’s entrance. Once it had been framed with curtains of claret and gold, with the orchestra on a gilded balcony above. Now it was a square hole in the thick stone wall.

Backstage was lighter than she remembered. Part of the menagerie roof had collapsed, letting daylight and clean

ceiling that sloped at 45 degrees beneath the seats of the arena. The drawers of the dressing table hung open and empty as if someone had made a final search for valuables.

Mimi sat wearily on a dusty chair and gazed at the wizened face in a mirror framed with empty light sockets. Try as she did, she couldn’t remember the face of the beautiful young trapeze flyer who used to smile back as she put on her make-up.

Exhausted, she let her head hang forward and closed her eyes.

“Stop!” yelled the foreman. He frantically fanned the dust cloud. “There’s someone in the rubble!”

Covered in plaster, the figure wasn’t moving, but she was smiling.

SHOOUTING and racing footsteps jolted her awake.

“Ah, Mimi, you’re here at last!” The ringmaster’s face was as red as his tunic.

“Everyone’s been waiting for you!” he yelled. “The parade’s about to begin!”

“Parade...?” Mimi began. “I can’t go on looking like...”

She turned to the mirror and trailed off. The ancient lady was gone. Framed by light bulbs sat a radiant young beauty in a shoulderless sequined costume.

‘Her breathing fell into rhythm with the memory. Back and forth...’

air into formerly dark, pungent corners where lionesses paced behind bars and elephants trampled the straw-strewn flagstones.

The stalls in the stables stood empty where long ago a dozen grooms had dressed the spotted Appaloosa stallions in their pink-plumed headdresses.

“It’s changed a lot, non?”

Mimi turned at the raspy voice of Georges, the lion trainer. But there was no one there. Lion trainers don’t grow old. They just grow slower until one day, as was the fate of poor Georges, a lion moves too quickly for them.

This place is full of ghosts, Mimi thought.

As if waiting for her, the door to her old dressing room stood open.

It was a cupboard-size space, with a

“Come on, Mimi!” The ringmaster tugged her arm and she stumbled into a backstage heaving with noise and colour. Spotted horses snorted and scraped the flagstones with impatient hooves.

Acrobats and ballerinas jostled for their positions in the parade. Alonso the whiteface clown was there, and Georges the lion trainer.

At the head of the parade, half-turned towards her with an expectant grin, was her darling Eduardo in his flyer’s skins. Mimi shrieked in delight and ran to him. They just had time to embrace and kiss before the claret curtains swept open.

The orchestra sounded like a heavenly choir, every seat in the house was full and the circus was about to begin. ■

© DOUGLAS MCPHERSON

Have a look at your ruling sign to see what the next 12 months have in store. According to Chinese astrology, each year is associated with an animal sign, changing in a 12-year cycle. To find your sign, look up the animal ruling the year of your birth. As each Chinese year begins sometime in late January or early February, if you were born around this time you need to check the actual year dates to find the sign you were born under (go to yourchineseastrology.com).

2017 CHINESE HOROSCOPE



RAT

1936, 1948, 1960, 1972, 1984, 1996, 2008

Rats can look forward to a busy year with lots happening at a fast pace. Your social life may be especially active and see you enjoying many good times with others. In your home life there will be changes of routine to adjust to and some ambitious plans to carry through. Although disruptive, if everyone cooperates, a lot can happen and be gained. Personal

Personal interests and travel look promising

interests and travel look promising, with unexpected events opening up other possibilities.

A feature of Rooster years is that they can surprise, so be ready to take advantage of opportunities to broaden horizons. As for work, changes could bring extra pressure but also the opportunity to move forward in new ways.

April, May and October could see important developments. To make the best of your prospects, work closely with others and focus on connections that could be of considerable value. With your busy lifestyle and some big purchases being made, spending will be high and expenses need to be curbed. This will be an active year but one offering scope and good opportunity.

Tip for the year Remain focused and use your time and energy well. You'll be surprised how much is possible with commitment and if you have a good foundation to build on.



OX

1937, 1949, 1961, 1973, 1985, 1997, 2009

Oxen can fare well this year if they plan and follow up with action. Also, once action is taken, helpful influences will often come into play as there's an element of good fortune to this year.

In work, recent skills gained can lead to greater responsibility or a more fulfilling position elsewhere. Rooster years can re-energise the career and prospects of many but Oxen must remember to be careful in their relations with colleagues throughout the year. A particular issue or awkward office politics could be cause for concern.

Care is also needed in financial matters. A lapse in judgment or taking too big a risk could disadvantage you. Changes to your lifestyle and interests can bring great benefit, with your social life seeing an increase in activity. Romantic prospects are also promising. Home life will see many positive developments, with practical projects making a difference.

June, August and September could be busy but also pleasing months. All in all, a constructive year.

Care is needed in financial matters

Tip for the year Take action on things that are important to you. Much can be accomplished if you're thorough and committed. The end results will be worthwhile.



TIGER

1938, 1950, 1962, 1974, 1986, 1998, 2010

A fairly good year, but there's something you need to keep in mind. Tigers can be rebellious as they're independent-minded, often going about things in their own way and style.

But to make the most of themselves and the opportunities that come along this year, Tigers will need to work with others and value their support.

As far as work goes, networking and showing you can be a good team member will bring important advances and can lead to new responsibilities or securing a new position.

March, May and November could be significant. Progress made in work can help your finances but there are always many temptations, so watch your spending. Making improvements to your lifestyle, such as getting more exercise and spending time on your hobbies, could bring considerable benefit and make you feel inspired.

It's likely to be a busy time at home, but be sure to spend time with those you love, either going on a holiday or planning a special family event. Your social life is likely to be lively, with new friends being made. An active and rewarding year.

Your social life is likely to be lively

Tip for the year If you see the value in working with and spending time with others, great times and prospects await.

The Chinese New Year kicked off on 28 January and the Year of the Rooster promises to be interesting – it's a time of change and for addressing key issues. There will be volatility and some uncertainty but it's also a time of great possibility



RABBIT

1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011

This is likely to be a demanding year as Rabbits aren't always comfortable with change. You may need to rethink plans and activities as practical problems throw a spanner in the works. But figuring out problems can highlight what your strengths are – keep in mind that Rooster years are excellent for personal and professional development. Paying attention to yourself and finding a sense of balance can be of considerable benefit.

As for work, training or new responsibilities can broaden your horizons and enable you to take advantage of opportunities that come your way.

Quality time with loved ones can be a real tonic

March, June and September could see important developments. Take care with money matters and be particularly cautious about lending to others.

Home life will be busy, with a mix of activities to enjoy. Quality time with your loved ones can be a real tonic. Rabbits will appreciate the year's social opportunities, and good friendship and the support and advice of others will be of great value. On a personal level, Rabbits will gain much from their good relations with others.

While this is not an easy year, what you do achieve can have long-term value.

Tip for the year Improving your knowledge and skills will be an investment in yourself and your future.



DRAGON

1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012

You have an exciting year ahead, as Dragons are likely to benefit from good opportunities and a certain amount of luck.

In work, openings will arise that offer progress and if you're currently unfilled, you may find an attractive opportunity elsewhere. Enthusiasm and self-motivation can bring notable success.

May, September and November are key months. Your personal interests are also likely to develop in encouraging ways.

Finances can improve if you carefully consider all purchases, and travel is a possibility.

You'll be busy this year, and Dragons do need to ensure they balance their commitments, including giving time to others. Being preoccupied or not giving enough attention where it's needed can result in strained relationships. Shared activities can help keep things stable on the domestic front.

Similarly, staying in touch with friends is something Dragons need to be aware of and give time and attention to. All in all, a rewarding year with much happening.

Tip for the year Build on your skills and look for opportunities to advance your career, but do consult and listen to those around you.

Ensure you balance your commitments



SNAKE

1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013

Snakes have a good sense of timing and this year they'll sense opportunity.

It's a year to act on your hopes, dreams and plans. With their positive can-do approach, Snakes can make progress in many areas at this time.

In work, Snakes should actively pursue opportunities and act quickly. If you take the initiative, good headway can be made and with new responsibilities comes the chance of further progress.

February, May and November could see interesting developments. Rooster years favour personal growth and your special talents will bring rewards.

There could be progress financially but your spending needs to be watched. On the home front there will be pleasing news to celebrate and some ambitious plans can be realised. Travel with loved ones is also favoured. For the unattached, romantic prospects could make the year special. Snakes have much in their favour this year. If you make the most of your skills and take action at the right time, you'll enjoy good results.

Tip for the year Enjoy the opportunities that open up to you this year, use your strengths and make the most of your ideas. With a positive approach, much can be accomplished.
(Turn over)

Your special talents will bring rewards



HORSE

1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014

This is likely to be a demanding year for Horses, who'll need to put in a lot of effort to get results. While it's likely to be challenging, Rooster years can help bring out your strengths and provide you with useful experience.

In work, changes and new pressures will feature. Deal with them by simply focusing on what needs to be done and taking advantage of training offered – this will do your reputation and prospects a lot of good. Rooster years simply require effort and application. Horses need to be careful with money – this is not a year for risk or rushed decisions.

Your social life can be lively although there may be an issue with a particular friendship that needs to be handled with tact.

Home life will be busy and if you work together, some plans can be advanced and family achievements celebrated.

March, June and August are especially busy months. Be sure to make time for personal interests and new recreational activities.

This is a year for adapting to the situations that come up.

Tip for the year Make the most of developments this year – it's all about creating a solid foundation that can be built on.



GOAT (SHEEP)

1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015

A year of interesting possibilities and if you act on the opportunities that come your way, good outcomes can be enjoyed.

This is a year to make things happen. As far as work goes, there will be opportunities to make more of your strengths, which can help you to make important headway in your career.

It's a good year to network and raise your profile.

April, September and October are good months for this.

There may be some financial fortune but you still need to keep an eye on spending.

Your social life will be busy, with a varied mix of activities to enjoy.

New friends could prove beneficial, especially in encouraging different interests, and romantic prospects are promising.

At home, Goats should draw on the support of loved ones and accept their help during times of change and when making important decisions.

There may be some exciting family news and a move possible for some.

An encouraging year.

Network and raise your profile this year

Tip for the year Set your ideas and plans in motion. With the right support, many of your dreams can be realised.



MONKEY

1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016

A reasonable year, but Monkeys will need to keep their wits about them. Rushing into things or being less than thorough could cause problems.

In work, Monkeys should focus on their responsibilities and capitalise on their strengths in order to build successfully on their present situation.

For those seeking change, stay alert and keep in mind that new positions are also about the potential for future growth. April, June and November could be significant.

Take care when it comes to money matters – don't proceed with financial plans or make key purchases unless you're absolutely sure.

Travel can bring great happiness this year and personal interests are likely to develop in encouraging ways.

With such an active lifestyle, Monkeys need to take care this doesn't impact negatively on home life.

Don't forget that time spent with loved ones and shared activities are of great value.

As is the case with many things this year, extra attention and awareness are key.

Travel can bring great happiness

Tip for the year Think decisions through thoroughly. The more care and effort you take, the better the outcome.



ROOSTER (CHICKEN)

1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017

For Roosters their own year has great possibility. It's a year to act with determination, as fortune favours the bold.

As far as work goes, important strides can be made and if you're feeling dissatisfied or unfulfilled, exploring new opportunities could lead to exciting developments. If there's a chance for promotion in your career, don't sit still – seize the opportunity.

February, April and July could be busy and favourable months.

Roosters should make use of every chance to further their skills this year, whether professionally or with regard to personal interests. Any knowledge gained can open up more possibilities. Creative activities could be particularly inspiring.

While income could increase, this often also means expenses do the same, so watch your spending. Home life will be busy, with practical projects and domestic changes making a big difference.

Your social circle may become wider. For the unattached, romance should be nurtured rather than rushed.

This is a year of considerable potential.

Tip for the year Make the most of the present. Act on plans and follow up all opportunities and ideas. Great things are possible this year.

Romance should be nurtured rather than rushed



DOG

1934, 1946, 1958, 1970, 1982, 1994, 2006

This is a mixed year for Dogs, who may sometimes find themselves in frustrating situations. But take heart – next year is the year of the Dog and the skills and experience gained this year could be of long-term value.

Changes at work could bring uncertainty and increased pressures. But by making the best of their situation Dogs could pave the way for progress later.

In view of the pressures this year will bring, Dogs should pay attention to their wellbeing, allowing time for personal interests and recreational pursuits.

Spending could increase, so be aware of this.

Care should also be taken in relations with others – it's a year to pay attention to openness and good communication. While they can be reserved, Dogs should make the most of social opportunities as connections could be helpful.

On the home front, certain plans could be delayed but there will also be surprises and travel.

June, July and December could be busy and also special on a personal level.

A demanding year, but one with far-reaching significance.

Tip for the year Take note of developments and adapt as required.

Pay attention to your wellbeing



PIG

1935, 1947, 1959, 1971, 1983, 1995, 2007

It's an encouraging year and an excellent one for personal development. Further your skills and interests and the benefits could soon start filtering through.

In work, positions could open up that allow you to take on greater responsibilities and interesting new challenges. By acting on opportunities, important headway could be made.

February, April and October are likely to be particularly good months. Finances can see improvement, but a busy lifestyle can make this an expensive year.

Your social life will see much activity, with Pigs in great demand. Should any problems or disagreements with another arise, Pigs should look to resolve the situation rather than ignore it.

Home life will be busy, with Pigs enjoying shared activities with loved ones. Key plans and projects will come together.

Pigs can do and enjoy much this year but need to pace themselves and work steadily towards the outcomes they want.

Tip for the year Build on your abilities and talents. There's much to do and if done right, there are considerable benefits to be gained. ■

Your home life will be busy this year

YOUR STARS

By PETRA DU PREEZ

For birth charts and other astrology enquiries email Petra at YourStars@you.co.za or go to astrozone.co.za.



AQUARIUS

JAN 21 - FEB 18

It's time to ditch computer games and get active

It's a week not only to think about the important role physical fitness plays in your overall wellbeing, but to actually do something about it. Don't deprive yourself of fresh air, which is vital for an air sign such as Aquarius. You should get active and exchange computer games for outdoor activities. Physical exercise won't only boost your vitality levels, it will also revitalise your mind.

YOUR LUCKY NUMBERS
44, 23, 15, 48, 7, 29

FAMOUS BIRTHDAYS



TOM HIDDLESTON
9 FEBRUARY 1981



CHLOË GRACE MORETZ
10 FEBRUARY 1997



ELIZABETH BANKS
10 FEBRUARY 1974



KELLY ROWLAND
11 FEBRUARY 1981



JENNIFER ANISTON
11 FEBRUARY 1969



ROBBIE WILLIAMS
13 FEBRUARY 1974

WORK AND MONEY: AQUARIUS...

- Has an altruistic streak that could drain their cash flow.
- Can be inventive, making for an ingenious employee.
- Has fixed ideas about money matters.
- Fights for the rights of their colleagues.
- Doesn't conform to the office code of conduct.
- Makes for an independent worker.
- Spends money on gadgets and the latest technology.

PISCES

FEB 19 - MAR 20

As a Pisces you're bound to be influenced by the vibes around you. Since you're more sensitive at the moment to undercurrents, it's important to surround yourself with uplifting people and visit inspiring places. It might be tricky for an all-embracing Pisces, but try to choose your company discerningly. If you want to feed your soul, you might want to escape to a place of natural beauty.

YOUR LUCKY NUMBERS
36, 11, 32, 42, 9, 41

ARIES

MAR 21 - APR 19

This isn't a week to go it alone - it's a great time for socialising and having fun, as pleasure-loving Venus moves through your sign. Whether you initiate a get-together with your buddies or go out to a club, you're bound to enjoy being part of the group. It's also a good week to take the lead amongst your friends and arrange an outing.

YOUR LUCKY NUMBERS
49, 5, 12, 3, 20, 38

TAURUS

APR 20 - MAY 20

This week an authority figure might play a significant role in your life, be it a parent, your boss or someone in a leadership position in your community. Chances are you'll benefit from their advice so it's not a time to be stubborn. It seems travel, either locally or abroad, could aid your career - so you might want to book your ticket and pack your bags.

YOUR LUCKY NUMBERS
39, 38, 18, 29, 6, 40

GEMINI

MAY 21 - JUNE 20

The week takes on an educational flavour, which is right up the street of a curious Gemini who likes to feed their intellectual side. Whether you want to further your education, attend some seminars on topics that interest you or simply improve your general knowledge, it's time to put your mind to work and get your thoughts flowing.

YOUR LUCKY NUMBERS
27, 10, 30, 21, 48, 45

CANCER

JUNE 21 - JULY 21

This week it's time to focus on your material safety net - in particular resources held jointly with your partner, either personal or professional. Since it's an apt time to do some planning in this regard, the two of you might want to put your heads together. When it comes to money matters it's important to make practical rather than emotional decisions.

YOUR LUCKY NUMBERS
41, 17, 34, 47, 23, 28

LEO

JULY 22 - AUG 22

Since relationships on all levels are emphasised, it's important to be aware of your behaviour towards others. As far as your own interest goes, it's a week where your charm and charisma can work wonders to form liaisons and strengthen bonds. Use your gift of inspiring others to motivate them and try your best not to be domineering.

YOUR LUCKY NUMBERS
45, 19, 35, 20, 1, 3

VIRGO

AUG 23 - SEPT 22

The spotlight falls on the workplace this week, whether it means grinding away at the office or keeping busy with domestic chores. As an efficient Virgo you'll probably be quite organised, so all should go according to plan. Providing you don't get bogged down by unnecessary detail, you'll make great progress and tick many items off your to-do list.

YOUR LUCKY NUMBERS
33, 13, 37, 40, 9, 4

LIBRA

SEPT 23 - OCT 22

It's a week for leisure and pleasure, right up the alley of a laid-back Libra. Rather than laze the days away you might want to take up a hobby or, if you're artistic, develop your creative side. Whether you socialise with your friends, have fun with your partner or spend time on a leisure activity, it's bound to be a relaxed and enjoyable week.

YOUR LUCKY NUMBERS
43, 7, 14, 28, 32, 26

SCORPIO

OCT 23 - NOV 21

As a true Scorpio, emotional strength is a trait that might stand you in good stead this week. A family member, probably a sibling, might need your insight and support to pull them through a crisis. Although it's a week of family gatherings and spending time with loved ones, make room for contemplation. Try to delve into your deepest feelings.

YOUR LUCKY NUMBERS
46, 4, 16, 24, 30, 44

SAGITTARIUS

NOV 22 - DEC 20

You can make a substantial difference to the lives of those in your community this week. It's a good time to commit to projects. You might want to volunteer at a charity, help out at a soup kitchen or get involved in sport coaching at a local school. If you have more money than time, a financial contribution is a good option for you.

YOUR LUCKY NUMBERS
1, 6, 26, 31, 13, 5

CAPRICORN

DEC 21 - JAN 20

Focus on your resources - not only your finances, but everything of value to you. You might want to reflect on the value of the intangible, such as the support you get from friends, colleagues and loved ones. It's maybe time to show appreciation and put quality time into building and maintaining your relationships, especially those with family members.

YOUR LUCKY NUMBERS
22, 25, 8, 2, 36, 47

The actress takes her final turn as zombie-killing machine Alice in Resident Evil: The Final Chapter

Compiled by LINDSAY DE FREITAS

MILLA JOVOVICH

GALLO IMAGES/GETTY IMAGES



1 RAISED FOR FAME Milla was five years old when her parents – Serbian dad Bogich, a paediatrician, and Russian mother Galina, an actress – decided to flee the Soviet Union for a better life in sunny California in the USA. That better life proved elusive, and after her parents divorced the only work her mom could find was as a cleaner. Living through her blue-eyed daughter, Galina enrolled Milla – whose birth name is Milica – for ballet, tap dancing, acting and piano lessons and accompanied her to castings. “My mother raised me to be a movie star,” says the actress, who landed her first major magazine cover at the age of 12 (LEFT).

2 RESIDENT FRANCHISE The first Resident Evil film was released 15 years ago. In the sixth and last instalment, The Final Chapter, Milla (41) reprises her role as zombie-killer Alice who, with sidekicks Abigail and Claire (played by Ruby Rose and Ali Larter), makes a final stand to save humanity from the undead. Milla enjoys working with her hubby, Resident Evil director Paul WS Anderson, whom she met on the set of the first film and married in 2009. “It’s such a pleasure,” Milla says. The last instalment was even more of a family affair – the couple cast their daughter, Ever Gabo (9), who makes an appearance as a diabolical avatar called The Red Witch.

3 HORROR ACCIDENT The Final Chapter was shot in and around Cape Town, which Milla describes as “like Malibu on steroids”. During filming, Milla’s stunt double, South African-born Olivia Jackson – who also worked as a stuntwoman on Mad Max: Fury Road – was in a motorbike accident and had to have her arm amputated. “What happened to Olivia was a nightmare,” Milla says of the accident. “Paul was crying on the phone – I’ve never heard the man cry in the 15 years we’ve known each other. That accident shouldn’t have happened. It was one of the most typical shots you could do on a motorcycle... something the crew has shot a million times. The fact that Olivia is alive is a miracle. She’s so strong. She had so many surgeries it’s insane, absolutely insane.”

4 TRAILBLAZER “When I started modelling in the late ‘80s, and through the ‘90s, you weren’t allowed to be an actress and a model. People were like, ‘You’ll never be taken seriously,’” says Milla, who’s been on more than 100 magazine covers and modelled for the likes of Versace and Christian Dior. She’s also a singer and has released two albums, The Divine Comedy (1994) and The Peopletree Sessions (1998), which both had good reviews. “I was rebelling against what people told me I couldn’t do. And now there’s something wrong with you if you’re not a triple threat.”

5 MOMMY DEAREST “My mother was an actress who gave up everything for us to defect to America, and she put all her energy into me. I wouldn’t torture my daughter that way because that was hard on me as a kid,” the star says of her childhood. She reveals that her approach to raising Ever Gabo and son Dashiell Edan (1) is more laid-back. “Ironically, having my children has made me relax more, which is really funny because usually people get so stressed out when they have kids.”



CHILL OUT

By LARA ATSON

★★★★★ BRILLIANT
★★★★★ EXCELLENT
★★★★★ WORTHWHILE
★★★★★ SO-SO
★ IF YOU MUST

A All ages
D Drugs
H Horror
L Language
N Nudity
P Prejudice
PG Parental guidance
S Sex
V Violence

LISTEN TO THIS!



DARKNESS AND LIGHT ★★★★★ JOHN LEGEND R157*

If you're a fan of the R&B crooner you

know what to expect by now. But on his latest album he shows he's evolved. Stepping out of his comfort zone, Legend worked primarily with producer Blake Mills, using more live instrumentation.

You might think this offering would be all about domestic bliss with his model wife and their little girl but while Legend touches on these subjects he goes much deeper and is a lot more politically driven than before. He doesn't forget his roots, though. Many songs are about relationship struggles and there's something for everyone – from pop to gospel-infused numbers. Standouts include Love Me Now and Penthouse Floor.

*AVAILABLE AT THIS PRICE FROM TAKEALOT.COM. PRICE CORRECT AT TIME OF GOING TO PRINT AND SUBJECT TO CHANGE WITHOUT NOTICE.



Alex Hibbert and Mahershala Ali in Moonlight.

NEW ON THE BIG SCREEN / MOONLIGHT ★★★★★

DRAMA. With TREVANTE RHODES, ANDRÉ HOLLAND and JANELLE MONÁE. Director: BARRY JENKINS. 13 DLPSV. Opens 10 February.

A gay black boy, Chiron (played as a child by Alex Hibbert, a teen by Ashton Sanders and an adult by Rhodes), is mercilessly bullied in a Florida slum. A drug dealer (Mahershala Ali) takes the kid under his wing, helping him to overcome his shyness so he can survive.

This film is aimed at viewers who enjoy intense dramas focusing on unusual themes – the above summary will tell you if it's the kind of movie you'd like to see. Some scenes are shocking and the story follows an unconventional path that takes audiences to places they wouldn't necessarily want to go.

So why are we reviewing it? Because it won best drama at the Golden Globes and has been nomi-

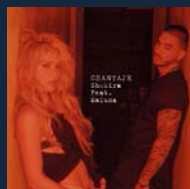
nated for eight Oscars. It's indeed excellent but strictly for people who take films seriously and aren't scared of taking risks. First-time director Jenkins uses challenging camera techniques, including many handheld shots that make the close-ups intense and probing. But what's outstanding about the film is the way Chiron's road to self-acceptance and the lessons he learns are portrayed.

The style is personal and sometimes lyrical, but Moonlight also takes a critical look at three stages in Chiron's life. The scenes depicting the cruel bullying show the boy handling the situation with courage, thereby equipping him for life as a young man.

It's an honest tribute to survival, the discovery of identity and an acceptance of who you are.

– LEON VAN NIEROP

5 TRACKS YOU NEED TO HEAR THIS WEEK



CHANTAJE by SHAKIRA FT MALUMA

Chances are you won't understand a word these two Colombian musos are singing in their seductive Spanish song, but the beat is so infectious and the music video so hot you won't be able to get enough! The Latin pop- and reggaeton-inspired tune was released as a teaser to Shakira's forthcoming 11th studio album. The song is about a man who's chasing after an unattainable woman. It topped charts in Spain and Chile and debuted at No 1 on the Billboard Hot Latin Songs chart. Not bad!



I DON'T WANNA LIVE FOREVER by ZAYN & TAYLOR SWIFT

We never thought Tay-Tay would work with a One Directioner, especially since a member of the band, Harry Styles, supposedly broke her heart in 2013. Maybe it helped that Zayn left the group two years ago. This sultry R&B tune, written for the Fifty Shades Darker soundtrack, has been on the charts for a while but it would be criminal for Fifty Shades fans not to have it on their playlist, especially as the new movie hits screens this month.



YOU LOOK GOOD by LADY ANTEBELLUM

This is the soulful first single from the band's new album, Heart Break, due for release in June. The funky, upbeat song is unlike anything they've done before, with horns prominent throughout the chorus. "We've always loved experimenting but we've never used horns before," Dave Haywood says. "The energy they brought is fun and validated that it had to be our first single back." The group have been on a hiatus since 2015 so was it worth the wait? Fans are divided.



PARIS by THE CHAINSMOKERS

They had a big hit in 2016 with their Halsey collaboration, Closer. But the US DJ duo's latest single doesn't quite come close to the smash hit. That doesn't mean it's not enjoyable though. Andrew Taggart takes centre stage again on vocals along with Don't Let Me Down co-writer Emily Warren. The song doesn't stray too far from the duo's signature formula – keyboards, a guitar loop and nostalgic lyrics – but we expected more.



I GIVE YOU POWER by ARCADE FIRE FT MAVIS STAPLES

The indie outfit's music has really evolved over the years. Just hours before Donald Trump's inauguration as US president they released their first new music in a while – this politically charged synth-pop jam. It's now been hailed as an anti-Trump anthem. "It's never been more important to stick together and take care of each other," they said in a press statement.

Hey you!

SHE RULED IN 2016

Closer was both Halsey and The Chainsmokers' first No 1 hit on the US Billboard Hot 100 singles chart, where it reigned in the top spot for 12 weeks. Now she's back with another banging tune, Not Afraid Anymore, from the Fifty Shades Darker soundtrack.

ARE THEY, OR AREN'T THEY?

Halsey and Chainsmokers singer Andrew "Drew" Taggart (27) caused a stir with their antics in the steamy music video for their hit, Closer. They have so much chemistry onstage that fans are convinced they're a couple. We'll keep you posted!

OBSESSION OF THE WEEK

HALSEY

Meet the breakout pop star who had one of the biggest hits of 2016 with the worldwide smash hit Closer

1D FAN

She's a huge fan of One Direction. A parody she made when she was 17 of Harry Styles and Taylor Swift's highly-publicised relationship - dubbed The Haylor Song, and set to Taylor's tune I Knew You Were Trouble - went viral after she released it online in 2012.

FROM BULLIED TO ICON

New Jersey native Halsey (22) made Forbes magazine's coveted annual 30 Under 30 list of the most influential young people. She's come a long way after being bullied in high school and attempting suicide.

REBEL WITH A CAUSE

Halsey has a rough past of drug abuse, and was homeless at one point. She started making music at 18 so she could pay her rent. Four years later she's rolling in dough and is even putting one of her brothers through college!

20

THINGS YOU NEED TO
KNOW ABOUT

CAMILA CABELLO

The pint-size singer stunned Harmonizers around the globe when she announced her shock split from Fifth Harmony in December. But we all knew she was meant to shine as a solo star!

By LARA ATSON



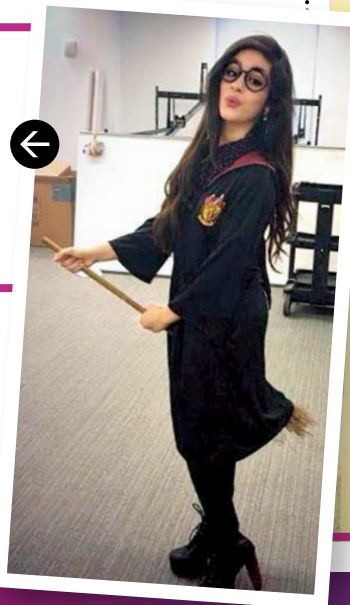
1 Camila (19) was born in Havana, Cuba, and raised between Havana and her father's native country, Mexico, until the family moved to Miami, Florida, when she was five. She only spoke Spanish when she first arrived in the US and learnt to speak English by watching TV and cartoons.

2 She's a huge One Direction fan and even made a Twitter fan account for them at one point. There were rumours that she once dated 1D hottie Niall Horan (23)...

3 She didn't have a *quinceañera* – the traditional Mexican celebration of a girl's 15th birthday. Instead she asked to audition for the US reality singing competition X Factor in 2012. She then found fame as part of the girl group Fifth Harmony on the show after they finished third and nabbed a record deal. Camila has since released two studio albums with the group and two singles as a solo artist – her hit I Know What You Did Last Summer with her pal Shawn Mendes (18), and Bad Things with rapper Machine Gun Kelly (26).

4 She's a huge Harry Potter fan and once even dressed up as a witch for Halloween.

5 Among her tour essentials are her books, laptop, headphones and cold turkey.



6 She penned her hit I Know What You Did Last Summer with Shawn Mendes after her heart was broken. "Two days before we wrote it I found out from a friend the boy I was 'talking to' was also talking to others girls," she told Teen Vogue magazine. "The line 'Can't seem to let you go, can't seem to hold you close' was about that weird period when you find out you're being played but haven't said anything to him yet and it's awkward and distant. A few days after we wrote the song, I told him I couldn't do it any more."

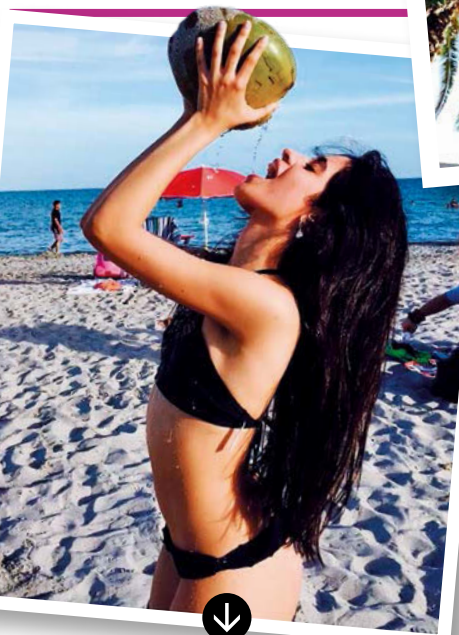
7 She has a doll that looks like her. Mattel released a doll of each of the Fifth Harmony members.





8 She still gets into trouble with her parents like the rest of us! Sinuhe and Alejandro (pictured with Camila) Cabello weren't impressed when their daughter left her phone in the car on a night out with Taylor Swift after last year's Grammys and got in at 6 am.

9 Camila thinks she has two left feet. We totally disagree! Have you seen her moves in the steamy Fifth Harmony music video Work From Home?



10 Coconut water is totally Camila's thing. She once even said on Instagram, "When life gives you lemons, drink coconut water."

11 Camila is besties with popstar Taylor Swift (27). Tay-Tay threw her an epic 18th birthday bash including food from one of Camila's favourite restaurants. Rumour has it that it was Taylor who pushed Camila to go solo. Gasp!

12 She's a shortie! Camila is 1,57 m – the same height as Hips Don't Lie singer Shakira. They don't say dynamite comes in small packages for nothing!

13 The Notebook actress Rachel McAdams (38) is her girl crush.

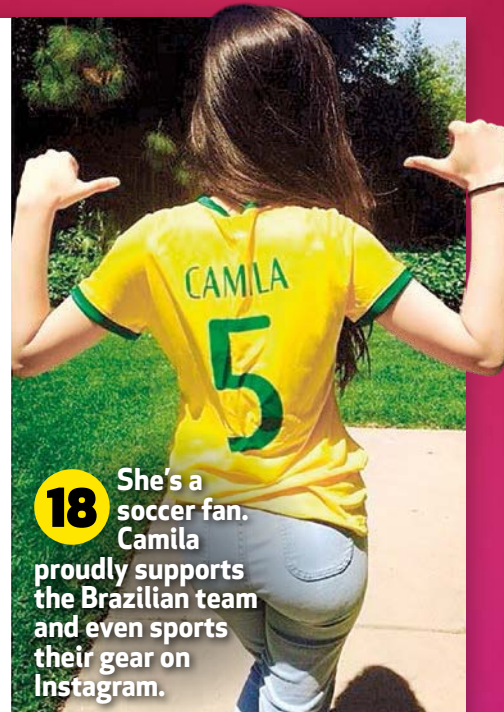
14 If she wasn't a singer, she'd most probably be a dentist, she says.

15 Her favourite foods include chicken nuggets and pizza with a thick crust and lots of tomato sauce and pineapple.

16 She's a bookworm. Her favourite novel is *The Book Thief* by Australian writer Markus Zusak. But she says books don't trump movies or TV series in her house – she binge-watched *Gossip Girl* in 24 hours!



17 Camila is her middle name. Her full name is Karla Camila Cabello Estrabao.



18 She's a soccer fan. Camila proudly supports the Brazilian team and even sports their gear on Instagram.

19 She's a fashionista of note these days but the first time she wore heels was for the X Factor boot camp when she was 15.

20 She's quite a hit on social media: She has 8,7 million followers on Instagram, more than 3 million Twitter followers and at least a million Facebook fans.



FIFTH HARMONY ISN'T GOING ANYWHERE!

The remaining members of Fifth Harmony – (below, from left) ALLY BROOKE (23), NORMANI KORDEI (20), LAUREN JAUREGUI (20) and DINAH JANE HANSEN (19) – now perform as a quartet after Camila's exit.

The girls put on a sexy performance when they hit the stage without Camila for the first time at the People's Choice

Awards recently. They even dropped her verse from their hit *Work From Home*. Ouch!

The group were rocked by Camila's departure and claimed she hadn't even told them about her decision to leave – they'd heard it from her reps.

Rumour has it the group will release a new album this year. We can't wait!



YOU

Hey
you!

Love is in the air

TOPS



R69, Pick n Pay Clothing



R149,99, The Fix



R380, Truworths

DRESSES



R129,99, MRP



R199, Pick n Pay Clothing



R169,99, MRP

SKIRTS



R159,99, MRP



R129,99, MRP



By Country Road
R299, Woolworths

ACCESSORIES



R170, Woolworths



R99,99, The Fix



By Joy Collectibles
R399, spree.co.za/you

Be a fun valentine and bring out the girlie girl in you with playful florals

By CHU & WAGHEEBA JANUARY



Use the Media24 3D app to scan this page for easy one-click shopping.

Copy the model and wear your floral dress with a biker or bomber jacket

R119,99, Pick n Pay Clothing

R50, MRP

R179,95, Ackermans

R270, Pick n Pay Clothing

R250, Pick n Pay Clothing

R119,99, MRP

R89,99, MRP

MODEL
CRESSIDA
BONAS

R129, Accessorize

R59,95, Ackermans

STOCKISTS ACCESSORIZE 021-447-7718, ACKERMANS 0860-900-100, MRP 0800-21-25-35, PICK N PAY CLOTHING 0800-11-22-88, THE FIX 0860 101 048, TRUWORTHS 021-460-2300, WOOLWORTHS 0860-022-002. YOU SHOP AT SPREE. CO.ZA/YOU (OR GO TO YOU AND CLICK ON SPREE)
WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR. YOU AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.

Taiga forests are the world's largest biome and are characterised by evergreen trees with needle-like leaves like the pine tree. The **wolverine** is one of the animal species found here. It's not a wolf but is related to the weasel.



Tropical rainforests are found in warm and humid climates. The vegetation is lush and the plants found here range from tall trees to mosses growing on the ground. Many of the animals found in rainforests, such as the orangutan, are well adapted to living in trees and can easily swing from branch to branch.



Forests

Animals and plants in forested areas are specifically adapted to live there

YOU may have noticed how different the vegetation in other parts of the world look compared with South Africa's.

Or that there are animals in other places you won't see in SA. This is because the world is made up of several biomes. Scientists use this word to describe areas (large regions) that have a distinct climate. The climate of the biome determines the specific plants and animals that occur there.

Experts differ on how many biomes there are. Most make a distinction between seven biomes on land: tundra (around the poles), taiga, temperate deciduous forest, temperate grassland, desert, savannah and tropical forests. Three of these, including taiga, are types of forest. Let's take a look at how the forest biomes differ from one another.



TAIGA FORESTS

Where? This is the world's largest biome and is found only in the northern hemisphere. It stretches across northern Canada, Europe and Asia just south of the icy tundra, the biome that surrounds the poles. The word "taiga" is Russian for coniferous forest.

The weather Because the taiga region is so far north and close to the North Pole it has an icy climate – the coldest of all the forest biomes. Winters are long, cold and dry. Cold winds from the poles make the area extremely cold. On a typical winter day the temperature is about -20°C! In summer the average temperature is a milder 17 to 22°C, but summers are short.

The vegetation Taiga forests are evergreen with needle-leaved trees, such as pine trees. These trees never lose their leaves and stay green throughout the year – hence the word "evergreen". The leaves are dark green, which allows them to absorb more sunlight to convert into energy. The needle shape also means the trees don't need as much water as those with larger leaves so they're well adapted to survive in this biome's dry, icy conditions. Mosses and ferns grow in damp areas under the tall trees.

The animals Because the taiga biome is so cold, fewer animal and bird species are found here than in other biomes. But the taiga is rich in insect life and about 300 bird species are attracted to the region to eat them. Only about 30 bird species remain in

PROTECT THE RAINFOREST!

Tropical rainforests are vitally important because they have large numbers of trees that convert carbon dioxide into oxygen. We need them to survive. Unfortunately development and the increase in towns and cities have resulted in some rainforests shrinking or even disappearing.

the area in the winter months – the rest migrate to warmer areas.

Animals that occur in the region include the lynx (which looks like the caracal found in South Africa), weasel, otter, wolverine (a relative of the weasel), elk, moose, beaver, wolf, squirrel and bear.

Animals must be well adapted to survive in this climate. Some animals, such as bears, eat a lot during summer to put on weight which allows them to hibernate (fall into a deep sleep) throughout winter or sleep for long periods. Squirrels collect and store food during the summer months so they have food when it becomes scarce in winter. These animals all have thick fur to protect them against the cold. Predators such as bears have adapted to eat plants in times when prey is scarce.



TROPICAL RAINFORESTS

Where? Rainforests are found around the equator. If you study a map of the world indicating these forests, they look like a belt wrapped around the globe. Rainforests stretch across Africa, Southeast Asia and South America.

The weather The name gives you a hint: it's warm and wet! Rainforests don't have seasonal variations. Their temperature is



A characteristic of **temperate deciduous forests** is that they have four seasons: in autumn most trees' leaves change colour before dropping off in winter then sprouting again in spring. **Bears** live in both taiga and temperate deciduous forests. They forage during summer and are less active in winter, when they hibernate.



the same throughout the year. Because there's so much moisture in the air, conditions in the rainforests are quite humid.

The vegetation A rainforest can be divided into several levels. The leaf canopy is the highest layer of tall trees (some reaching up to 60 metres). As the name indicates, this layer forms a roof or umbrella high above the rest of the forest. It also includes climber plants which grow up against the trees to reach the sunlight.

A little further down is the understorey (or underbrush), made up of shorter trees and shrubs and the trunks of tall trees.

At the bottom is the forest floor, where old leaves and trees decay. Because of the canopy and understorey, very little sunlight penetrates to the floor so it's an ideal habitat for mosses and ferns.

The animals Tropical rainforests house a great many plant and animal species – more than half the world's species are found here!

The animals are well adapted for the rainforest – specifically to live in trees. Most of the animals live in the canopy because food is plentiful here. Many – such as monkeys who are excellent climbers (and jumpers) – never even venture down

to the forest floor. A great variety of birds also live in these trees – almost a quarter of the planet's bird species. In the understorey (the middle layer) you find the larger predators, such as snakes and leopards, as well as owls, bats, insects and frogs. On the ground there are other snakes as well as small buck and wild boar. And don't forget the insects! Tropical rainforests are also home to butterflies, mosquitoes, stick insects and ants, among other creatures.



TEMPERATE DECIDUOUS FORESTS

Where?

This biome occurs in the eastern USA, throughout Europe and Japan as well as parts of Russia and China. In the southern hemisphere it's found in southern Chile and parts of Australia and New Zealand. On the world map you can see that these forests are found about halfway between the equator and the poles.

The weather As the name indicates, the weather in this region is temperate (moderate). Extreme weather conditions, such as very high or low temperatures, are rare. Another feature of this kind of forest is that there are four seasons – periods of spring, summer, autumn and winter, each

more or less the same in length. If you've ever seen a photo of a forest with a beautiful spread of autumn colours, it's most likely a temperate deciduous forest.

This biome has high rainfall. The copious amounts of water along with rotting leaves and other matter make the soil very fertile.

The vegetation A wide variety of trees grow in this biome. There are needle-leaved trees (like in the taiga biome) but also broad-leaved trees such as oaks. Sometimes a single forest is made up of both types of trees. The name deciduous refers to trees that lose their leaves in winter. These types of forests have a wide variety of vegetation: large trees, smaller trees, ferns, shrubs, toadstools and mosses.

The animals To live in this biome animals have to be adaptable to all seasons – from hot summers to cold winters. Like the animals of the taiga, some of them hibernate or migrate to warmer areas. Because the trees lose their leaves in winter, the animals must be able to camouflage themselves well, as it becomes much easier for predators to see them. Animals that occur here include various types of buck, bear, mountain lion, jackal, squirrel, wolf and skunk. ■

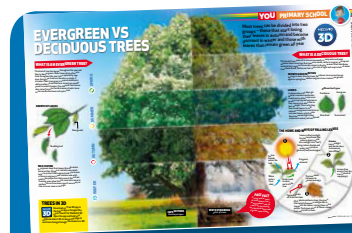
GO TO YOU.co.za

Help with school projects

All previous articles of YOU In The Classroom can now be downloaded in PDF format. Go to you.co.za and click on the Classroom link.

FIND OUT MORE

✓ To learn more about tropical rainforests go to [youtube.com/watch?v=JEsV5rqbVNQ](https://www.youtube.com/watch?v=JEsV5rqbVNQ)

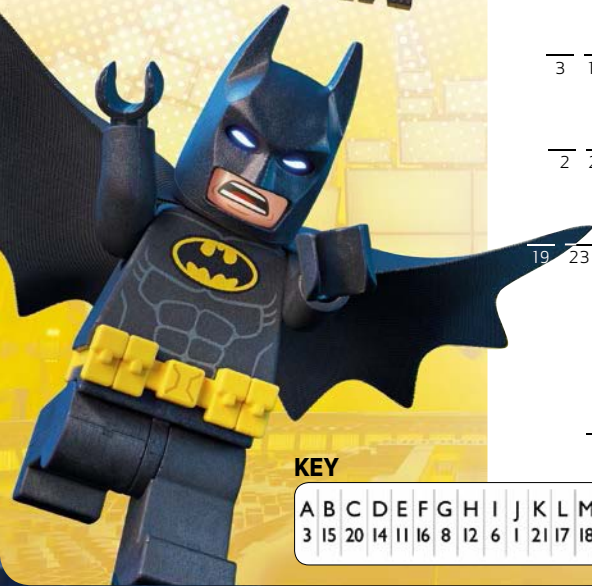


Turn to page 86

for more info on evergreen and deciduous trees.



BATMAN



Hidden message

Match the numbers below to the letters in the key at the bottom.

3 17 26 3 2 9 15 11

2 25 19 5 9 11 17 16

19 23 17 11 9 9 2 25 19

20 3 23 15 11

15 3 4 18 3 23

KEY

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
3	15	20	14	11	16	8	12	6	1	21	17	18	23	25	7	22	5	9	4	19	13	26	24	2	10

Robin's wordsearch

The words in the list below are all hidden in the grid. Find and circle them.

k e b t n u u g f e
r r o a u i o q c a
o l o g t r b i i l
g r y w d m t o o f
u i u o m s a i r r
e g n e u a g n e e
s t n j c j e v h d
h a r l e y n t f g
b b p e n g u i n m

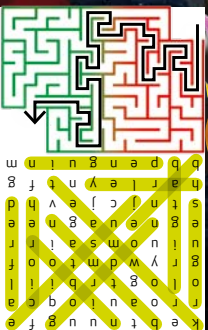
Batman	Gordon	Harley
Robin	teamwork	Bane
Batgirl	heroic	Penguin
Alfred	justice	rogues

ROBIN

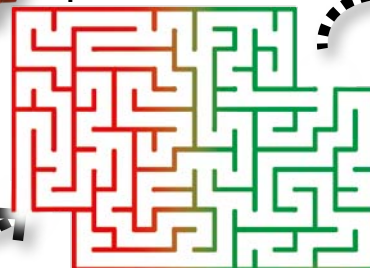


Catch that clown!

Help Batman and the other heroes capture the Joker.



ANSWERS
Hidden message Always be yourself, unless you can be Batman.



In the irreverent spirit of fun that made The LEGO® Movie a worldwide phenomenon, the self-described leading man of that ensemble – LEGO Batman – stars in his own big-screen adventure. But there are big changes brewing in Gotham...



WIN! Five readers will each win a fun-filled Lego Batman hamper worth R1 400.

Each hamper contains a Lego Batman beach towel, T-shirt, cap, tablet case, lunch bag, Joker Training Day recruitment bag, Batman Excalibur fun pack, button badges and much more!

SMS the word LEGO, the answer to the question and your name and daytime delivery address to 33150* by 5 pm on Thursday 16 February.

QUESTION Who is Batman trying to catch?

*EACH SMS COSTS R1,50. YOU MUST BE THE REGISTERED USER OF THE CELLPHONE OR HAVE THE OWNER'S PERMISSION TO USE IT TO ENTER THE COMPETITION. THE SPONSOR IS RESPONSIBLE FOR DELIVERING PRIZES TO THE WINNERS WITHIN A REASONABLE TIME.

© 2017 THE LEGO GROUP. © DC COMICS



COLLECT THE BABY BIG 5!

COLLECT YOUR LOYALTY CARD IN STORE



Buy **1** of each of the participating products and collect all 7 stickers. Once your loyalty card is full, hand it to the cashier and redeem your Baby Big 5 Figurine.

Mylo



Bella



Cosmo



Gus



Murphy



Offer limited to available 40g Safari® Tropical Snack, 40g Safari® To Go Fruit & Seed Snack Bar, 50g Safari® To Go, 150g Safari® Peanuts & Raisins, 250ml Liqui Fruit®, 500ml Lipton® Ice Tea and 350ml Fruitree® variants. Offer valid 1 January to 30 April 2017. While stocks last. Ts & Cs apply. Visit www.engen.co.za.

EVERGREEN VS DECIDUOUS TREES

WHAT IS AN EVERGREEN TREE?

This kind of tree has leaves throughout the year and they're always green. Older leaves drop a few at a time throughout the year to be replaced by new ones. Evergreen trees are found in a variety of climates. Palm trees grow in tropical rainforests while conifers (trees that bear cones) are usually found in cooler climates. The shape of their leaves also varies from the fan-like leaves of palm trees to the needle-like leaves of a pine tree.

GROWTH OF LEAVES



WAX COATING

Evergreens keep their leaves through winter because their foliage is coated in wax which helps to protect them against cold. The leaves of many evergreen trees contain resin with antifreeze properties that prevent them from freezing, even when they're covered in snow. In rainforests such measures aren't necessary as there's never snow or drought.

SPRING



SUMMER



AUTUMN



WINTER



TREES IN 3D



Download our free 3D app in the Apple App or Google Play store. Search for Media24 3D. Open the app and hold your cellphone about 30 cm above the page to see trees change through the seasons in 3D.

CAPE SAFFRON
Cassine peragua



Most trees can be divided into two groups – those that start losing their leaves in autumn and become dormant in winter and those with leaves that remain green all year

WHAT IS A DECIDUOUS TREE?

This kind of tree loses all its leaves seasonally. In temperate and polar climates these trees lose their leaves in winter, while in tropical, subtropical and arid (dry) regions this usually occurs in the dry season. Most deciduous trees have broad, flat leaves that catch a lot of light and require lots of water.

GROWTH AND SPROUTING

Spring is a busy time for trees. Deciduous trees sprout leaves again in springtime, while evergreen trees create new growth.

LEAVES

In places where the days get shorter in autumn and winter, trees have to collect more sun energy in spring and summer so they can survive when there's less sunlight. This is why they have broad leaves. In cold climates evergreens tend to have narrower leaves, which make them more watertight (they retain more water) and windproof.

Different leaf types

Deciduous

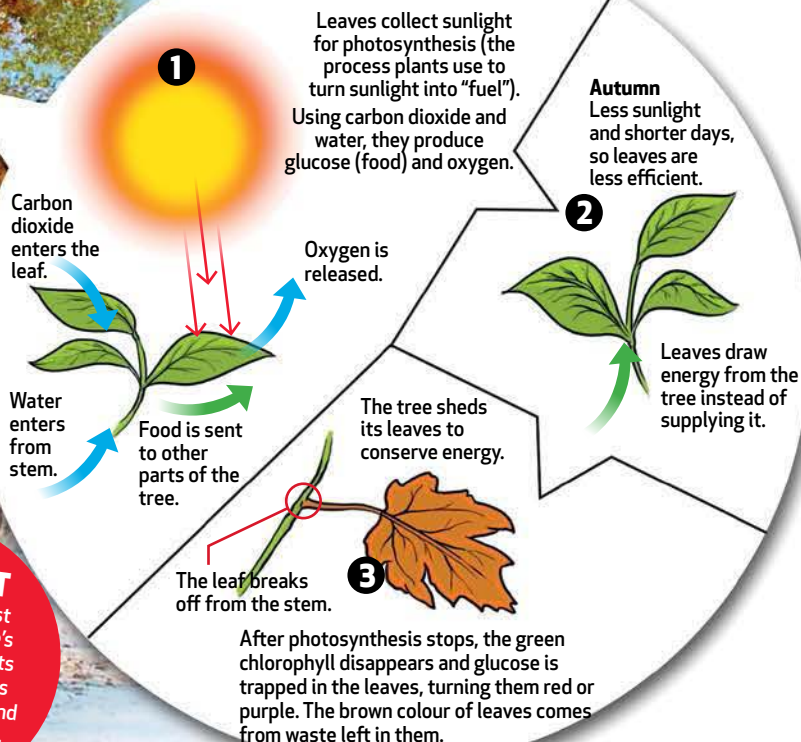
Evergreen



Broad leaf

Narrow leaf

THE HOWS AND WHYS OF FALLING LEAVES



FAST FACT

During winter most of a deciduous tree's energy moves into its roots, the tree needs less food and water and it grows more slowly.

WHITE STINKWOOD
Celtis africana

LEFT: Stacey-Lee May with her BMW 325i at a Wheelz n Smoke event in Johannesburg. RIGHT and MIDDLE RIGHT: Stacey performs her "Suicide Slide" stunt. FAR RIGHT: Another daring stunt – and a wave at the crowd.

At 20 years old, Stacey-Lee May has dominated the car-spinning scene in Eldorado Park – and she's just getting started

By NADIM NYKER Pictures: TUMELO LEBURU

FAST & FEMININE

SHE spins her pink BMW in tight circles while revving the engine like crazy, tyres whipping up thick white smoke as the crowd cheers wildly.

It's impressive stuff – especially as Stacey-Lee May is a slightly built 20-year-old who doesn't look a day out of high school. Then the petite brunette lets go of the steering wheel, lifts herself out of the driver's seat and hangs backwards out of the window as the car keeps spinning. Her legs are hooked over the door and her head is centimetres from the ground.

This manoeuvre is called the Suicide Slide and it's one of Stacey's signature stunts – this and leaping out of the car while it's still spinning, running around for a few seconds then hopping back in.

It's enough to give you a heart attack – and explains why she's made a name for herself in this male-dominated sport.

Her death-defying acts have also seen her featured in two international TV motoring shows.

"Spinning means a lot to me," she says. "I love it and I think what I've done shows a woman can do anything she puts her mind to."

On weekends you'll find the third-year law student at meetings such as the Wheelz n Smoke spinning event near Mall Of The South, Johannesburg. Everyone knows the fearless girl from Eldorado Park in her pink BMW 325i.

Stacey's favourite pastime is a family affair for the Mays. Dad Lester, mom Liezel, sister Jamie and brother Adam always accompany her. They're all crazy about cars and spinning and are her biggest fans.

Lester's emerald blue Toyota Fortuner is a familiar sight at spinning events as he always tows his daughter's car – which is pink in honour of his mother, who died of breast cancer.

They have a family tradition. Before Stacey does her first spin at an event, sister Jamie (17) joins her in the passenger seat and Stacey interlaces her fingers, hands resting on the steering wheel, and says a silent prayer.

"For me spinning is a craft, a way of life," she says seriously. "For me, it's the earth."

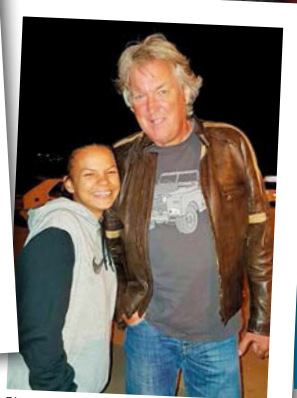
WHEN she started spinning at events two years ago she faced a lot of discrimination.

"People said, 'She's a girl and girls can't spin!'" But Stacey proved them wrong. Her skill behind the wheel spoke for itself and she won the Queen Of Smoke award at the Wheelz n Smoke spinning event in 2015.

She also caught the eye of a Canadian



FACEBOOK



FACEBOOK

Stacey with motoring show presenters James May (LEFT) and Richard Hammond (ABOVE) in 2016.



YOUTUBE



YOUTUBE



FACEBOOK

and American film crew who were shooting the first episode of a motoring show called *Move Or Die* in Soweto in 2015. They decided to make her the focus of the episode, spending two weeks with the May family.

"I've got this huge fan base now, people screaming my name. It's amazing. People don't discriminate against me any more. They're like 'Wow, we wanna be like you! Can we have your number? Can we take a picture?'"

Lester (41) owns a tow truck and Liezel is the workshop manager at Foster's Toyota in Roodepoort on the West Rand so their kids grew up around cars. The couple started taking Stacey to spinning and quarter-mile racing events when she was six years old.

The family spent every Easter weekend at a spinning event in Kimberley organised by some of Lester's spinning friends. "The kids loved it," he says.

Stacey was interested in cars from a young age, but it was spinning that fascinated her. She was always asking about it, Lester says, and when she was 16 he taught her to drive, then how to spin.

"She loved it on her first try," Liezel (39) recalls. "She immediately wanted to do better and would get angry with herself when she made a mistake."

Stacey says it's hard to describe how she feels when she's spinning but that the adrenaline rush is amazing. "I really feel like I'm in a different world."

The pint-size spinner caught the eye of members of spinning group Soweto Drift and was invited to join them, which is how she ended up in the show *Move Or Die*. This in turn led to her being featured in an episode of *The Grand Tour*, presented by Jeremy Clarkson, James May and Richard Hammond.

Hammond and May both commended her on her driving after seeing her in action and filming an insert with her last year. "It was fantastic to hear them telling me that what I'm doing is amazing and that they've never seen anything like

'I'd like people to think, "Look at this girl - she's doing it and she doesn't look like a gangster"'

it," Stacey says. "Coming from guys who drive for a living - it means a lot. It made me feel like I can do anything."

STACEY hasn't always felt as confident as she does now. In April 2014 she had an accident during a spinning event at the KwaThema circuit near Springs. She wasn't injured but it shook her.

"I was spinning in this small area, smaller than a four-way stop - way smaller. My brakes failed and I went straight into the wall. It was terrifying. I just wanted my dad - I got out of the car and I ran to him."

After the crash came the inevitable comments about her not being able to spin because she's a girl and Stacey found it difficult to deal with.

"She didn't want to do it again," Lester says. "So I said to her, 'There are people who'll rejoice in someone else's failure, so

don't be a failure. Be a winner."

Not only did Stacey give it another go - she upped her game by trying stunts, even though she was scared. And these days it seems she could do them in her sleep, hopping out of a spinning car with ease before jumping back in.

Besides proving women can spin, she also wants to change the perception that spinning is something only gangsters do.

"I'd like people to think, 'Look at this girl - she's doing it and she doesn't look like a gangster.' Even in my community, people feel what I'm doing is wrong. One lady came up to me and said she'd rather have her child do drugs than do what I'm doing. I'd like to change that."

Her parents say they'd like her to complete her studies and Liezel reveals that her hopes for Stacey are a bit more starry-eyed. "My dream for her is to go international with her spinning."

And what does Stacey see in her own future? She'd like to travel, she says, and show the international spinning world what South Africans are made of.

"And I want to be the first person in SA to get the BMW M30." ■

MORE ON YOU.CO.ZA TO SEE A VIDEO OF STACEY STRUTTING HER SPINNING STUFF, GO TO OUR WEBSITE AND SEARCH FOR "STACEY-LEE MAY".



LEFT: Stacey (right) at home with her parents, Liezel and Lester May. BELOW: Stacey (left) with her younger siblings, brother Adam and sister Jamie (right) at a Wheelz n Smoke event.



A former CIA analyst describes Saddam Hussein's last days – and gives new insights into the character of the man reviled by many as a monster



ABOVE: US Special Forces found a dishevelled Saddam Hussein (ABOVE RIGHT) in a hideout near Tikrit, Iraq, in 2003. RIGHT: CIA analyst John Nixon confirmed the identity of the tyrant who ruled Iraq with an iron fist for more than two decades.



FINDING THE REAL SADDAM

US SPECIAL Forces finally captured Saddam Hussein in December 2003. They wanted answers from the Iraqi tyrant – and it was up to CIA analyst John Nixon to get them. In this extract from his new book he lifts the lid on the discoveries he made in the months he spent interrogating Saddam.

6 COULD feel my heart pounding as we walked down a long, dimly lit corridor. At the end of the hall was a large shower room where he was being held. We stood outside the door for several minutes as military interrogators finished their questions. Suddenly the door opened and I imme-

diately found myself sucking in air. There he was, sitting on a metal folding chair, wearing a white robe-like garment and a blue quilted windbreaker (it was a cold night). I'd looked at videos and pictures of him for years and thought to myself, "Holy s**t, it's Saddam!"

It was 13 December 2003. I was a CIA analyst in Iraq and had been asked to confirm that the man US Special Forces had picked up really was Saddam Hussein, the country's dictator who'd been in hiding for nine months following the US-led invasion of the country.

I was planning to do this by checking for his tell-tale markings and asking him questions which I hoped would prompt revealing answers.

We walked in and took up positions facing him. The place was packed. In

addition to our four-man team (me, translator George, Bruce and Charlie from the Detainee Exploitation Cell), there were six or seven members of the uniformed military in the room.

I spoke first (through a translator).

"I have some questions I'd like to ask you, and you are to answer them truthfully. Do you understand?" Saddam listened to the translation and nodded in agreement. I first asked him, "When was the last time you saw your sons alive?" Saddam listened and gave a wry smile.

He then turned back to me and said, "Who are you guys? Are you military intelligence, Mukhabarat [civilian intelligence officers]? Answer me. Identify yourselves!"

I expected Saddam to be defiant but I was a little taken aback at the aggres-



Now I needed to see the 1959 bullet wound and hear how he answered my questions.

Saddam answered most of the questions truthfully, at least the ones he chose to answer. He professed not to understand why I was asking him the things I did. "Why don't you ask me about politics? You could learn a lot from me." I told him I thought that was true, but that I had to ask certain questions first.

At one point he launched into a diatribe about the rough treatment he'd received from the Special Forces unit that captured him. "Is this any way to treat the president of a country? If your President Bush was in the same situation and at the hands of Iraqis, would he be treated the same way? I can tell [you] he would not."

I looked at him with utter incredulity. Here was a man who didn't think twice about killing his own people, yet he was complaining about a couple of cuts and scratches. I told him his complaint would be duly noted. It was true that he'd been manhandled by the special operations troops. I remember hearing that someone had punched him and said, "That's for 9/11!"

He began pointing to various cuts and bruises, and lifted his robe to show the damage to his left leg. I saw an old scar and innocently asked if this was the celebrated bullet wound suffered when he participated in the 1959 bungled attempt to kill former Iraqi prime minister Abd al-Karim Qasim. He assented with a grunt. That was the final piece of proof. We had the right man. We had indeed captured Saddam Hussein.

DEBRIEFING Saddam was a challenge. What made our job exponentially more difficult was the fact that we had no carrots or sticks to use in getting him to talk.

Originally, the head of our team wanted to take an aggressive approach, stripping him naked and pouring cold water on him – a tactic that had been used to some effect on prisoners. This was a bad idea, I thought. Not only would it be humiliating but it might strengthen his resolve not to tell us anything of consequence. Fortunately, it was nixed.

Shortly after his capture Saddam was

granted Prisoner of War status, which gave him the protections of the Geneva Conventions for wartime prisoners.

Word also came back from headquarters that the United States wanted him treated according to "Geneva Conventions plus". This meant that no coercive measures of any kind were to be used during his interrogation.

In fact, the Agency [CIA] felt uncomfortable with the whole notion of calling them "interrogations". They wanted us to "debrief" Saddam.

On 20 December, a week after his capture, we arranged ourselves in the debriefing room and prepared for Saddam's entrance. There was one empty chair for the deposed dictator.

Suddenly the door opened and Saddam entered, wearing a hood and holding on to the arm of the soldier who guided him in. The hood was removed and Saddam

looked around the room very quickly, taking it all in. His hair was long and he needed a shave but other than that he looked

**Even as a prisoner
Saddam exuded
an air of importance**

the same as on the night of his capture. He paused to make eye contact with each of us, moved towards us and smiled warmly. He shook our hands and said hello like a politician working the room.

Whatever his atrocities, there was no denying Saddam had great charisma. He was a big man, six-foot-one (1,81 m) and thickly built. I'm six-foot-five (1,95 m) but Saddam seemed oblivious to the difference.

He was a man who had an outsize presence. Even as a prisoner who was certain to be executed, he exuded an air of importance.

(Turn over)

siveness of his reply. Before I could answer him one of our group interjected, "We're not here to answer your questions. You're here to answer ours!"

Saddam assented and we continued with the interrogation. He appeared nonchalant as he listened to our questions. It struck me how quickly he was able to acclimate himself to his new surroundings and his new status as a prisoner. He acted as if he came here every Saturday night and this was a regular part of his routine.

I noticed at once that he had a tribal tattoo on the back side of his right hand, between his thumb and forefinger, and another one on the underside of his right wrist. His mouth drooped as we'd seen in photographs and videos. We were well along to a 100 percent confirmation.



A hangman prepares Saddam Hussein for execution in 2006.

(From previous page)

I was a bit tongue-tied in the first couple of sessions. After studying history for so many years, I now found myself in the middle of it. Saddam was a man I knew from photographs, from biographical anecdotes, from researching his family ties, from descriptions of Iraqi defectors, from clandestine reports on his leadership style and autocratic excesses. Now he was sitting across from me.

During our first couple of sessions he seemed to become comfortable with us and even enjoy our conversations.

We began with a history-related question at our fourth session, asking Saddam to name his favourite world leaders. He thought long and hard about this. His answers were surprising. He said he most admired French statesman Charles de Gaulle, Russian revolutionary Vladimir Lenin, China's Mao Zedong, and America's first president, George Washington. They were all founders of political systems, and Saddam felt a kinship with them, perhaps because he'd shaped modern Iraq and what was known to scholars as the Ba'athist Party. It was notable that he didn't mention any Arab leaders.

Not once during our time together did Saddam say he admired Hitler or Stalin. The idea that he was enthralled by Nazi and Soviet leaders gave many academics a template through which they could explain him to the layman. It was also an easy way to demonise the Iraqi strongman.

What made the sessions so stimulating was that we had a chance to question Saddam about things that no one had ever asked him about before. These questions both knocked Saddam off balance and kept him talking. He wanted to provide answers for the historical record and sound convincing about it. Sometimes he was clearly surprised by our questions, as when we asked about his wives. (He had two: Sajida and a flight attendant from Iraqi Airways, Samira Shahbandar. He was visibly uncomfortable when talking about them.)

There was one humorous moment in our discussions of Iran. I deliberately said something wrong about one of his cabinet ministers in the hope of provoking Saddam to correct me and tell us more about the individual. Saddam mis-



ABOVE: The dictator with his first wife, Sajida Talfah, and other members of the Hussein dynasty in the '80s. LEFT: Sharing a tender moment with one of his daughters, Hala.



took my ploy for genuine ignorance and commented that I was a man of low intelligence.

At which point Bruce said, "Oh, then you think my friend here is dumb. You mean dumb like sending your entire air force for safekeeping to your worst enemy, Iran, huh?" Saddam blanched for a moment and looked stunned, as if he couldn't believe anyone would dare question his judgment in such a disrespectful way.

During the first Gulf War in 1991 he sent planes and naval vessels to Iran so they wouldn't be destroyed. He naively thought that Iran would return them.

But upon recollection of this disastrous miscalculation Saddam suddenly broke into a grin. His shoulders started to shake and he began to laugh. He held up his index finger and said, "Touché." We all cracked up.

The only time Saddam ever showed any emotion during the time I talked to him was when we discussed his daughters Rana and Raghid. His eyes became watery and his voice quivered momentarily. He would say only, "I miss them terribly. I enjoyed a wonderful relationship with them. They loved me very much and I loved them very much."

His sons, Uday and Qusay, were killed

earlier in 2003 in a shootout with US forces. Saddam said he'd heard about their deaths on BBC Radio. How did it make him feel that his sons were dead?

He said that if they had to die, this was the way he wanted them to go. "They died fighting to liberate their country. That is the noblest end that one can ask for."

The topic of Saddam's weapons of mass destruction (WMD) had gone from a top-tier US national security threat to what was widely regarded as a wild goose chase. For years before the war, the CIA had been repeatedly asked for assessments of his WMD programmes. More government man-hours, conferences, briefings and papers were devoted to this topic than probably any other in the history of US intelligence.

Saddam turned philosophical when asked how America got it so wrong about weapons of mass destruction. "The spirit of listening and understanding wasn't there... I don't exclude myself from this blame."

This was a rare acknowledgment that he could have done more to create a clearer picture of Iraq's intentions regarding WMD.

I spent my last session with Saddam talking about the history of Iraq. It was the shortest session I had with him – only 25 minutes. The real purpose was to tell him I was leaving and to introduce my replacement.

When we were done I stood and offered him my hand. What happened next



With his sons, Uday and Qusay, who were killed in a shootout in 2003 in Mosul, Iraq, when US forces surrounded the house they were in.

really caught me by surprise. He reached out, grabbed hold of my hand and wouldn't let go. He then offered his parting statement to me: "I want you to know that I have enjoyed our time together as well. The reason you and I have disagreed is that you are where you are and I am here [motioning to his prison surroundings]."

I was locked in his hard vice for the next five minutes or so. He was a politician and he was using his political skills on me as he said goodbye.

People have asked me why he did this. Bruce and my replacement, Bill, both told me that Saddam barely acknowledged their departure and that was it. What made me special?

Part of it, I think, was that Saddam had some measure of respect for me because I'd spent years studying him before we ever met. He'd learnt that he needed to be on his guard with me and that I'd challenge him if he took liberties with the facts. And part of it was probably relief. The pesky guy who kept bringing up massacres and human rights abuses was finally going away.

ON DECEMBER 2006 I was put on Saddam execution watch at CIA headquarters in Langley, Virginia. Because I'd spent a lot of time with him I guess my boss thought I'd be interested in his hanging. I wasn't.

I didn't have any sympathy for the dictator, but the rush to execution had been unseemly. Nuri al-Maliki's Shia government, in power at last, couldn't get rid of Saddam fast enough.

I thought Saddam's execution would be televised because it would show the world, especially the Iraqis, that he'd died according to the rule of law. Instead the exchange took place in the dark of night, after midnight, as a US helicopter took Saddam from his prison to a compound where he was handed over to the Maliki government. He was then whisked to a basement of an Iraqi ministry building. God knows what must have transpired

between Saddam and his captors.

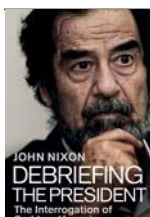
What the world saw the next day was, in my opinion, shocking. On a cellphone video, Saddam was seen ascending a makeshift scaffold and facing down his persecutors. We saw an angry lynch mob of Shiites shouting revenge against their one-time Sunni overlord. This wasn't what the United States was supposed to be fighting for. This wasn't what our young men and women were dying for. This wasn't what President George W Bush had promised a new Iraq would be.

Watching the grainy cellphone images I was struck that Saddam looked like the most dignified person in the room. He handled the occasion as I expected he would – defiant and unafraid to the end.

In the years since I left the CIA I've often thought about Saddam. Hardly a day goes by when he doesn't skitter across my mind. Somehow he got under my skin and has stayed there. Perhaps it's because of the lasting guilt I feel for being associated with so much that went wrong in Iraq.

When I first got back to the US, I was asked how well we knew Saddam. I said I'd gotten him pretty close to right. But years later I realise that my colleagues and I didn't know him at all. We were locked into a perception of him based on the events of 1990-'91, when he slaughtered hundreds of thousands of his own people in the turmoil that followed the Gulf War.

I saw Saddam up close every day for months, sparred with him over his brutal methods, debated history and leadership with him, experienced his charisma and the limits of his intelligence, respected him one day and hated him the next, and at the end came away with only an outline of the man. I'll be filling in the blanks for the rest of my life. ■



THIS IS AN EDITED EXTRACT FROM DEBRIEFING THE PRESIDENT, THE INTERROGATION OF SADDAM HUSSEIN BY JOHN NIXON, BANTAM, R264 FROM TAKEALOT.COM.

PRICE CORRECT AT TIME OF GOING TO PRINT AND SUBJECT TO CHANGE WITHOUT NOTICE.

Fast, Safe & Secure
30 Day Loan
against your
valuables

Pawn
Express.co.za

For Life's Unexpected Expenses

This was the first time ever I pawned an item for an urgent loan. I found the process very professional and hassle-free. Not at any stage did I feel embarrassed - which was my perception about going straight to the Cash Crusaders store. I was treated so well at the store, I felt like I received special treatment. All in all, I had a very positive experience using Pawn Express.

- Magda (Centurion, Pretoria)



- No Credit Checks
- No Documentation
- Only a Valid SA ID

brought to you by

cash
Crusaders

www.cashcrusaders.co.za
www.pawnexpress.co.za

WHY WE ITCH, TWITCH & YAWN

From goosebumps to hiccups, our body's reactions can seem pretty random. Here's the science behind some of them By MIEKE VLOK

IT CREAKS and groans, wrinkles and crinkles, emits and excretes. It's the human body and it's a veritable treasure trove of mysteries and miracles.

We learn with it, make mistakes with it and grow old with it. But did you know that even the most imperceptible change, movement or action of your body is designed to protect you?

Take something as seemingly innocuous as yawning – that means you're tired, right? Well, yes – but it's rather more complicated than that. Read on to uncover some surprising facts about the amazing vessel that steers you through life.

UP TO SCRATCH

Although itching can be unpleasant – especially if the itch is in a hard-to-reach place – it has an important function. The skin is the only part of the body that's permanently exposed so it also presents the first barrier to any potential threat to the body.

You develop an itch when something irritates the sensitive sensors in your skin. It can be something as innocuous as a speck of dust or hairs tickling your skin. The itching signals the skin has detected an intruder and is informing you of it, giving you the chance to take defensive action.

BIG YAWN

Like a computer, the brain has to be a certain temperature to function at its best, and yawning is the body's way of cooling it down so it can work properly.

We yawn when we're tired because lack of sleep contributes to elevating the temperature of the brain. That gulp of air you take supplies your brain with essential oxygen and blood, helping to cool it down.

If that's the case, you may ask, why is yawning so contagious? No one knows for sure but scientists believe it's an empathetic response – that we're programmed to mimic each other in the same way that we smile or frown when someone else does.

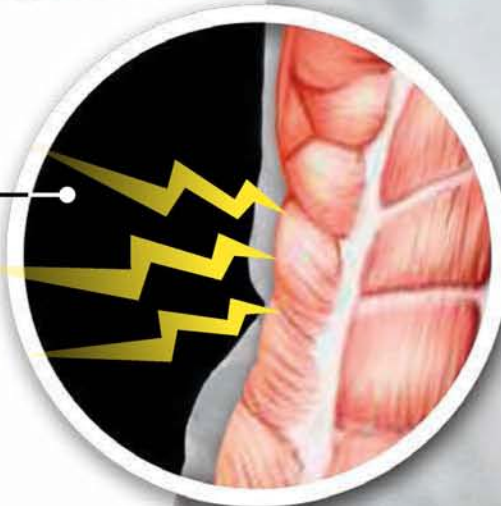
WHAT A JERK!

You're just about to nod off when – wham! – your body jerks involuntarily and you're awake again. The official term for this is a myoclonic jerk, twitch or seizure and researchers believe it's the result of the brain thinking you're losing consciousness and could be at risk of getting hurt.

As your muscles relax and your breathing slows, the body wrongly concludes that you're dying or that – like your primate ancestors – you could be falling out of a tree. So you're jerked back to reality in an attempt to “rescue” you.

PUCKER UP!

Why do our fingers and toes resemble prunes after we've been swimming or soaking in the bath for a long time? When the body registers that you're wetter and conditions are more slippery than usual, your extremities pucker up to improve your grip on surfaces so you don't slip and hurt yourself.



DID YOU KNOW?

When you cut into an onion you rupture its cells, which release a chemical irritant. When this irritant reaches your eyes, it reacts with your tears to form a mild sulphuric acid – and that's the stuff that hurts. Your brain then sends a message to the eyes to produce more tears to flush the offending stuff out. Minimise the stinging by chilling an onion in the freezer before cutting it – the cold will slow down the release of the enzymes.

THE CRYING GAME

The body produces three types of tears: fluid that ensures your eyeballs don't dry out; moisture when foreign matter such as an insect or sand irritates the eye; and tears that flow when you're sad or emotional.

Emotional crying starts in the cerebrum, the part of the brain where sadness is processed, and researchers believe it's the body's way of getting rid of tension and toxins. These tears contain several hormones and proteins that work to lessen pain and improve your mood – which is why you often feel relief after a good cry.

FEELING TWITCHY

Eye-twitching – which also goes by the fancy name blepharospasm – is another niggle that affects many people. It's simply the body's way of telling you you're tired. It can also be brought on by stress or as a result of indulging in alcohol, caffeine and cigarettes or because you're lacking certain vitamins and minerals such as magnesium.

PARDON ME!

When your diaphragm – the area between your ribs – suddenly contracts involuntarily, you get hiccups. The contraction is usually caused by an irritation if you've eaten too fast, drunk alcohol or swallowed suddenly. Hiccups are intended to disrupt and release whatever the body believes is bothering the diaphragm. Scientists also believe they're a bodily reflex to release food stuck in the throat.

STOP IT – I LIKE IT

Being tickled can be an unpleasant experience – so why do we laugh when we actually loathe it? The laughter response has nothing to do with having fun or pleasure. It's in fact the body's way of signalling submission.

When you're tickled the part of your brain that controls fight-or-flight responses is triggered. Your body thinks you're under attack or facing a threat and makes you laugh nervously in submission so the enemy hopefully will leave you alone.

CRUISING FOR A BRUISING

If you're clumsy, you're probably no stranger to bruises. But have you ever wondered why they go from purple to blue or yellow? Any hard blow damages the tiny blood vessels immediately under the skin and the blood that then collects alters the shade of the skin. To heal, protein is released and, in each phase of healing, the bruise changes colour as it gets better.

GETTING CHILLS

Goosebumps date back to the time when our ancestors' abundant hair stood up on their body to make themselves look bigger to scare off enemies – similar to how the fur raises on the back of an aggressive dog – and also to preserve heat. But as we've evolved and shed most of our body hair, goosebumps no longer serve that purpose.

What's left is this: when you're cold or experiencing strong emotions your brain sends a message to the tiny muscles at the base of hair follicles all over your body. The muscles tense up in response and make your hair stand up.

FANCY THAT!

- The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.
- Feet have 500 000 sweat glands and can produce more than half a litre of sweat a day.
- Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungi, dirt and even insects. It also cleans and lubricates the ear canal.
- Everyone has a unique smell, except for identical twins, who smell the same.
- The tooth is the only part of the human body that can't repair itself.
- By 60 years of age, 60 percent of men and 40 percent of women snore.
- A human head remains conscious for about 15 to 20 seconds after it's been decapitated.
- It takes 17 muscles to smile and 43 to frown.



Meet the family who made their dream home from scratch – by following how-to videos

Compiled by CHARLEA SIEBERHAGEN

Cara Brookins (middle) with her children, Roman, Jada, Hope and Drew, who helped her to build their family home. ABOVE LEFT: After several months of work the house started to take shape.



BUILT BY YOUTUBE!

THEY say the internet can teach us to do almost anything. So when a mother of four didn't have enough money to pay builders to build her dream family home, she decided to do it herself – learning everything she needed to know from videos she found on YouTube.

For nine gruelling months Cara Brookins, a computer analyst from Arkansas in the United States, and her children mixed concrete and hauled bricks.

"Our toes nearly froze off as we mixed concrete in a wheelbarrow, our back muscles ached . . . and we sweated and itched our way through fibreglass insulation," Cara recalls. "It was incredibly intense. There was nobody going to the movies. There were no dates, no hanging out. It was all hands on deck."

When the kids returned from school they'd get busy straight away, sometimes working late into the night with only the headlights of their mom's car to provide light.

It was backbreaking work but it all paid off in the end. They're now the proud occupants of a comfortable, spacious five-bedroom home with three garages. Their 325 m² double-storey labour of love also paved the way for a new career for their mom as an author and motivational speaker. With her inspirational book, *Rise: How A House Built A Family*, which hit the shelves earlier this year, the plucky go-getter has been showing the world just how much can be achieved with grit, determination and elbow grease.

CARA reckons her epic building project not only provided her with a house – it offered her a way to rebuild her family. "Slowly and painfully we learnt how to take direction from one another, how to laugh, how to be funny," she recalls. "We learnt how to communicate."

An unhappy second marriage had seen her locked in a relationship with a man who was violent and abusive. Eventually,

realising he'd never change, she left, taking her children, Hope (then 17), Drew (then 15), Jada (then 11) and Roman (then 2) with her. The five of them ended up staying in a tiny cottage on the outskirts of the state capital, Little Rock – it was a tight squeeze but it was all she could afford.

In 2008 inspiration struck when she took her kids out of town for a weekend getaway. On the road they passed a wooden home that had been destroyed by a tornado. "It was this beautiful dream house and it was sort of wide open. You don't often get the opportunity to see the interior workings of a house, but looking at these 2x4s [building planks] and these nails, it just looked so simple."

Cara took a closer look at the woodwork and nails of the derelict house. "I thought, 'I could put this wall back up if I really tried. Maybe I should just start from scratch'."

Slowly but surely the idea took hold.

"I imagined us working together, building our place, taking small pieces and fastening them together until they had

WHAT ELSE CAN YOUTUBE TEACH YOU?

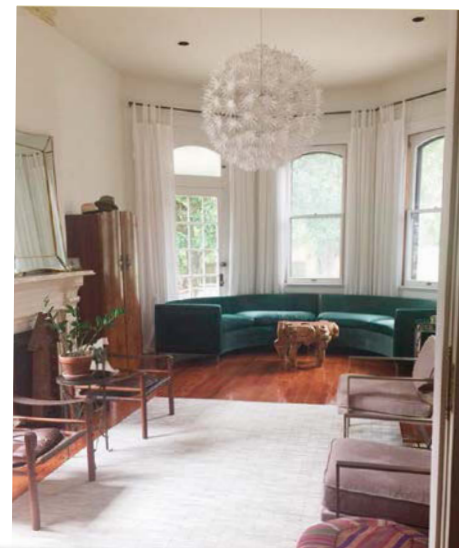
Just type in the words “how to” in the video-sharing site’s search field and a world of possibilities pops up. Every day people from all over the world upload their how-to videos, keen to share their knowledge with the world.

In addition to hairstyle and make-up tutorials there are thousands of step-by-step videos that teach you to do basic things such as change a tyre, knit a scarf and decorate a cake. If you buy an unfamiliar cut of meat, chances are you’ll be able to find a video on YouTube that shows you how to cook it.

Magicians’ secrets are revealed on YouTube, with videos showing how to do a variety of tricks. For teenagers learning to drive a car, there are many videos showing how to start the engine, work the clutch, change gears and use the brakes.

YouTube can also teach you to play any musical instrument, even if you’re a complete beginner, and if you want to learn the rules of rugby, tennis or soccer there are plenty of videos to help you.

So, what are you waiting for?



Nine exhausting months later the family could finally fit out the inside of their home – including the living room (TOP) and kitchen (ABOVE).

and they were all piled up, there was no way out. There wasn’t enough money to pay anyone to put them together. There was no plan B,” she recalls.

The project loomed ahead of them like a mountain they had to climb. None of them knew where to start so they turned to YouTube for help.

“This was 2008, so YouTube was not then what it is now,” Cara says. “There weren’t really comprehensive videos or channels devoted to this sort of thing.”

For each stage of the building process they’d watch three or four videos – this showed them that there was more than one way of doing a task. Then they’d decide which method would work best for them and the kind of home they wanted.

For nine months Cara, Hope, Drew and Jada worked on their dream home. While they were busy, little Roman mostly played in the mud around the house, with his brothers and sisters taking turns to keep an eye on him.

“My biggest fear was that my teenagers would wake up and say, ‘No, I’m not doing this,’” Cara says.

Luckily this didn’t happen.

IN THE final stages Cara got a builder in to do the finishing touches. She also hired an electrician and recruited outside help for installing the ventilation and air-conditioning systems. And at the end of it all, after nine months of hard work, she received a certificate from building inspectors confirming her house conformed to safety standards.

It was a big day for the family when they got to move into their new digs on 31 March 2009. Her kids were over the moon because it was the first time they each had a room of their own.

But looking back now they realise that with her ambitious building plan their mom gave them something far more valuable than a spacious home.

“I’ve learnt that I can do anything,” Hope (now 24) says.

Cara says if she’d known from the start just how difficult it was going to be to build her home with her own hands she’d probably never have taken on the task.

“It was absolute ignorance,” she says. “Building a house was the most difficult challenge we’d ever faced, and so was rebuilding our family amid the trauma of abuse.” ■

SOURCES: NEW YORK POST, CBS NEWS, ABC NEWS, EXTRACT FROM RISE: HOW A HOUSE BUILT A FAMILY, CARABROOKINS.COM



TOP: Cara mixing concrete in a mixer that didn’t stay the course. They then had to use a wheelbarrow for mixing. ABOVE: Jada working on the foundation of the house.



TOP: Playing between the heaps of sand and stones was tiring work, so sometimes Roman needed a little nap. ABOVE: Drew finishing some work inside the house.

grown into something much bigger than ourselves. The next day I discussed the idea with my three older children, and by that afternoon we’d decided to do it.”

Cara hoped that, in addition to giving them a roof over their heads, the project would bring her family closer and help them to forget the trauma of the abuse.

She applied for a loan and received just enough money to buy a plot and building materials.

“Once I had bought all these supplies

It's something every parent must have heard at some point since their child learnt to talk: "Can I play a game on your phone?" And you're lucky to get so much as a please with the outstretched hand.

For many parents the pressure to give in to that request induces a fair amount of guilt. After all, countless experts have cautioned against too much screen time for little ones.

Well, worry no more: the new PlayKids app is a great way to keep your children occupied while ensuring their young minds are stimulated too.

YOU and its sister magazines, Huisgenoot and Drum, have partnered with PlayKids, one of the biggest and most popular kids' apps in the world, to bring you a local version with unique South African content. Everything on the app, from cartoons to games and interactive books, is designed to provide the perfect balance between learning and play.

WHAT YOU GET

PlayKids has more than 3 000 cartoons, games, stories and other learning activities for kids aged two to eight years old.

Whether you use it on your phone or tablet, the app is incredibly easy to navigate. On the home screen you'll see a train with each carriage showcasing different sets of activities, such as games, sing-along videos and how-to arts and crafts clips covering a range of projects.

One of the carriages is the animated South African series Jungle Beat, and another the Afrikaans series Lolloos. There's also unique local content in the Sing Along carriages.

The lullabies carriage right at the end of the train is perfect for bedtime – just



LEARNING THROUGH PLAY

choose a lullaby and how long you want it to play for (up to two hours), leave it in your child's room once you've tucked them in and the soothing music will help your little one to drift off to sleep.

THE PLAYKIDS FAMILY

The PlayKids family comprises four apps:

■ PlayKids, which has videos and games aimed primarily at kids under five. The unique South African content is in this "umbrella" app, which also contains links to the three apps below.

■ PlayKids Stories, a virtual library of books, which all have a read-to-me option.



With the PlayKids app there's no need to feel guilty about giving your child extra screen time

By SHANAAZ PRINCE



- PlayKids Party, which offers games aimed at kids aged six to eight.
- PlayKids Learn, which offers activities in five categories – Read, Math, Art, Life and Create – put together by educators to help kids aged six to eight to learn through play.

HOW IT WORKS

The PlayKids app is available for download in the Google Play and Apple App stores.

Once downloaded, create a PlayKids account by providing an email address and choosing a password. You'll then be able to create profiles for your kids,

which includes their ages so content can be tailored accordingly.

First-time users get a seven-day free trial so you'll be able to test-drive the app to see what's on offer.

The in-app purchase on offer is the monthly subscription of R59,99 which gives you unlimited access to all the content in all four PlayKids apps.

You can cancel your subscription, called PlayKids Premium, at any time.

If you don't want to subscribe you'll still have access to limited content and games on all four apps for free.

The great thing about PlayKids is you can download content so your kids can use the app even when there's no internet connection.

One video, game or book typically uses 10 to 15 MB of data which takes 10 to 20 seconds to download on a 4 Mbps line.

You can turn cellular data off in settings so that you download content only using Wi-Fi.

You can also switch off high-quality video in settings – higher quality videos take longer to download and take up more space on your device.

The app also offers a baby lock that locks the controls of your phone while a video is playing.

Making changes in settings (and subscribing to the premium version) requires "grown-up access" which entails typing in a code.

Downloaded content can be managed in settings so you can delete videos or books your child isn't interested in any more.

MAKING LEARNING FUN

Although overexposure to technology

has become a concern for many parents, PlayKids is more than just a way to entertain your kids – it's a great educational tool. All the games and activities on the app help them to learn something too.

Some games help to develop fine motor skills in children as young as two, for example, while kids aged six to eight get to practise basic spelling and maths.

The Let's Draw Together section gives step-by-step instructions showing kids how to draw things such as a fish, boat, robot and clown. Kids can go at their own pace, tapping an arrow on the screen to move on when they're ready.

In the Originals carriage you'll find a section called Super Hands, which has a range of videos showing kids how to make arts and crafts – from origami animals to a marble maze.

There are also science videos explaining basic concepts such as precipitation and wind power.

FOR EVERY STAGE

PlayKids puzzles can be adjusted to your child's skill level. If you have a two-year-old, choose the four-piece puzzle. As they progress, all you need to do is tap the plus button on the screen to take the same puzzle up to nine, 16, 25, 36 or 49 pieces.

PEACE OF MIND FOR PARENTS

PlayKids is issued with a KidSafe Certificate, so say goodbye to pop-up ads or videos you might not want your child to see. You can rest assured that everything on the PlayKids app is safe for your child. ■

■ To find out more go to www.playkids.com.

The Sing Along and Sing Saam carriages offer more unique South African content.

Carriages at the end of the PlayKids train link to the other three apps in the PlayKids family.





On their wedding day on 19 January 1957, six years after Gary had decided to marry Vivienne one day.

HE WAS 14 years old when he saw her for the first time – he was visiting a friend in one of Johannesburg's southern suburbs when his mate told him about the pretty girl who lived next door. She happened to be in the back garden of her home at the time and Gary Player hopped onto a rock to look over the wall.

Her name was Vivienne Verwey, she was 13 years old and Gary thought she was the prettiest girl he'd ever seen. "I'm going to marry her," he told his friend.

"Naturally he thought I was mad," Gary says. "But that was the beginning of our fairytale love story. Six years later, on 19 January 1957, I married that pretty girl."

At the time she was 19 and he was 20. And this year the 81-year-old former world champion golfer reached the greatest milestone of his life, greater than any golf tournament he's ever won – he and Vivienne (80) recently celebrated their 60th wedding anniversary.

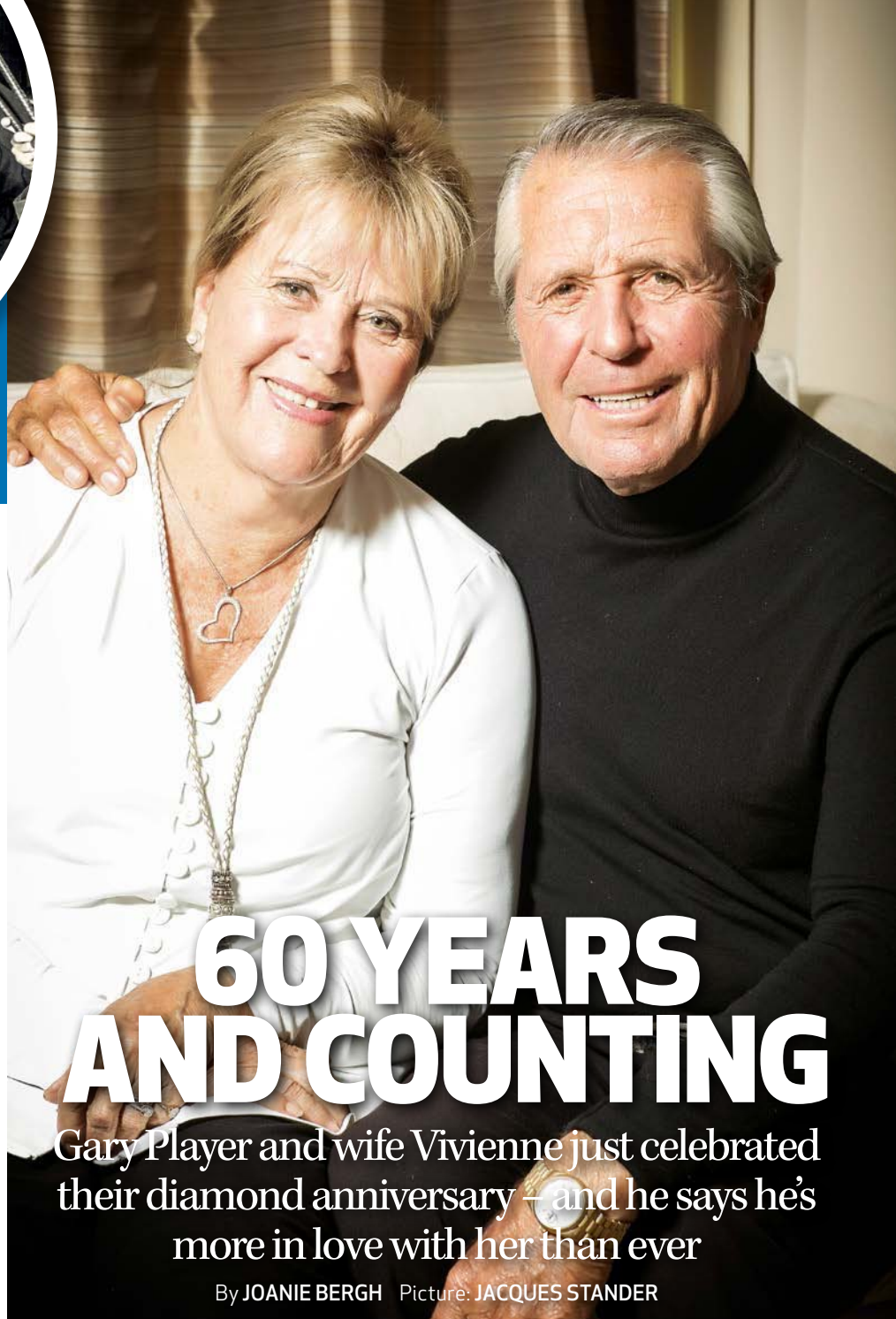
The couple renewed their wedding vows on New Year's Day in Plettenberg Bay in front of their six children and 22 grandchildren.

It was Gary's idea to celebrate this milestone in their life with a small ceremony.

"I'm more in love with Vivienne than ever," Gary says.

"What a privilege to have had her in my life for 66 years and to still be together at our age. Vivienne has been an incredible wife to me and an outstanding mother to our children.

"I don't know of another athlete who's renewed his vows with the same wife after 60 years. What a privilege!"



60 YEARS AND COUNTING

Gary Player and wife Vivienne just celebrated their diamond anniversary – and he says he's more in love with her than ever

By JOANIE BERGH Picture: JACQUES STANDER

WE'RE talking to Gary and Vivienne during a quick visit to Cape Town. When Vivienne opens the hotel room door it's difficult to believe she'll

soon celebrate her 81st birthday.

There's a tennis match on the TV in the lounge. "I'm mad about sport," she says, showing us the sports watch on her left wrist. "Gary and I have always been health conscious and that hasn't changed as we've got older. I use this watch to count my steps every day."

Gary is dressed in his signature black pants and top – the uniform he wore to

every tournament and that earned him the nickname the Black Knight.

He started playing golf professionally in 1953 at the age of 17 and Vivienne was already his biggest fan.

"There were three great golfers at that time," he says. "Arnold Palmer, Jack Nicklaus and me. All three of us had phenomenal wives who backed us completely. We could never have been successful without them."

"My father played golf, so I played too," Vivienne says as she recalls the early days of their romance. "Gary initially thought golf was a boring sport and preferred rugby and cricket, but he quickly realised



if he wanted to get to know me better he'd have to accompany us to the golf course on weekends."

Gary's father had recently given him his first golf club and as the couple got to know each other they developed a shared love of golf. A year after they met they kissed for the first time.

They both remember it as if it were yesterday. Gary was in a hospital in Parktown for a knee operation after a rugby injury. "Vivienne travelled alone all the way from Malvern to visit me. That's when I knew she was in love with me," he says. "Before she left for home I asked if I could kiss her."

And so the die was cast.

"Gary always had good manners but after that first kiss he became altogether too forward!" Vivienne adds with a smile.

He wanted to marry her then – he was 15 and she 14 – but Vivienne's father, Jock, was having none of it.

"That man was fierce," Gary recalls. "When I told him I was going to become the best golfer in the world and marry his daughter, he said I was talking absolute rubbish. Rubbish!"

BUT a few years later the young golfer was already making a name for himself, travelling overseas to take part in tournaments. Gary and Vivienne stayed in touch via letters and telegrams and after a few tournament wins they had enough money to tie the knot – with her father's blessing.

At that stage Vivienne was a hotshot golfer too. "I was going to take part in trials for Springbok colours but I pulled out because Gary was lonely in America and wanted me to join him."

Sacrificing her own dreams to support her husband is a decision she'd gladly make again, she says. They had six children – four daughters and two sons, five of them born in six years.

"I got so much joy out of caring for six

FACEBOOK

**YOU NEWS**

FAR LEFT: A pair of loved-up teenagers. Vivienne and Gary at their first official date in the early '50s when she was 13 and he was 14. They've known each other since 1951. **LEFT:** Vivienne and Gary recently celebrated their 60th wedding anniversary by renewing their wedding vows.

Vivienne, the kids and a nanny would fly to wherever Gary was playing, sometimes with as many as 26 suitcases. "I don't know how we managed it," she laughs. "Luckily I love golf and during tourna-

ments I enjoyed walking alongside him to each putt."

Both knew how important trust was in their marriage.

"Naturally the women ran after him," Vivienne says. "But I trusted him because I knew he wasn't that type of man."

Gary leans forward. "You can't expect to be the world champion if you're hanging around in bars and lounges. I grew up very poor and I had a dream of being the best in the world. I practised every day and worked harder than any other athlete to make my dreams a reality."

Her husband is a wonderful man, Vivienne says. "He still makes me laugh all the time. He brings me flowers often, brings me tea in bed and tells me how much he loves me."

The couple's luxury Karoo stud farm is currently on the market for R50 million. They hope to get it sold soon so they can "retire" in Plettenberg Bay, where they'll be closer to their children and grandchildren. Gary plans to breed thoroughbred horses – another passion of his.

Last year the whole family travelled to Greece for his 81st birthday and they're planning a family trip to Thailand for Vivienne's 81st in June this year.

Before we say goodbye Gary jokingly beats his chest. "I don't want to boast, but I feel 50. I still exercise regularly and eat healthily. I think many 40-year-old men wouldn't be able to keep up with me."

"We're very grateful for the fairytale life we've lived," Vivienne says.

"It's not been without some problems, but we've enjoyed good health and we have a wonderful family. Every day we thank God for the blessings he's given us." ■

The Black Knight is still considered one of the world's best golfers.



GALLO IMAGES/GETTY IMAGES/PHIL SHELTON

DADDY DA L.E.S

He's launched his 4th album, his hot new track is climbing radio charts – but little Maddie is No 1 in his life right now

By SHANAAZ PRINCE Picture: LUBABALO LESOLLE

IT WAS all people could talk about for weeks. Da L.E.S' annual All White Pool Party – now in its eighth year – has become legendary and on the day party-goers lined up at the gates of the rapper's swanky Bryanston home, all kitted out in required white for the jol of all jols to end January.

Then the police arrived and shut the whole thing down before it had even properly begun. Da L.E.S, it seems, didn't have the required permit – and Twitter soon erupted as only Twitter can.

A series of memes poked fun at the muso and some serious shade was thrown. But Da L.E.S – real name Leslie Mampe – took it all in his stride.

"There was a bit of a complication with my permit application but the show will go on," he tells us when he arrives at our Johannesburg studio with his daughter, Madison (3). "We're gonna have an even bigger thing on 18 February. Some people did come, so we had an All White pre-party, but the All White 2.0 is definitely happening!"

Nothing can keep The North God – as he calls himself as he lives in the north of Joburg – down. He's just got too much going on and most of it's smoking hot.

But today it's the adoring dad rather than the rapper we get to see. Little Madison, in yellow shorts and a matching T-shirt, holds onto her dad's hand and orders him around like a boss.

"Let's do a pose like this, Dada, and then another one where we walk," she says as our photographer snaps away.

Madison seems to have her dad wrapped around her little finger as he follows her every command. Although spending quality time together is a challenge because of his busy lifestyle, these are the times he lives for, he says.

"My daughter is very easygoing. She's

so free-spirited – she's always happy and it just seems like she understands what I need to do, you know, like she gets it.

"I guess my problems will come when she's a teenager! For now she's great – easy to deal with, loving, beautiful, very confident and talented. She's perfect, you know, she's my princess."

"No, Dada, I'm not a princess – I'm a queen," Maddie quips.

THIS year marks his 10th year in the music industry and he plans to make it epic. It's got off to a great start already, with him playing loads of gigs over the festive season and in the middle of it all he launched his fourth solo album, *Diamond In Africa*.

"We've only released it digitally so far. I'm working on a physical release and a couple of radio tours but it went to number one on iTunes on the first day and stayed in the top five for three weeks, so I guess that means it's doing well," he says.

Da L.E.S was born in Washington DC in the US and lived there with his parents, Leslie (69) and Priscilla (67),

He might have a hectic schedule that demands a lot of his time but rapper Da L.E.S cherishes every moment he gets to spend with daughter Madison.





INSTAGRAM



INSTAGRAM



FAR LEFT: Da L.E.S. knows how to get a crowd going. **MIDDLE:** He and rapper AKA are friends and godfathers to each other's daughters. **LEFT:** If he's not with his family or gigging, Da L.E.S. spends time in the studio.

before moving to South Africa in 1993 at the age of eight. Even then he knew he wanted to be in the entertainment industry.

"I wanted to perform – like Michael Jackson. Then in my teens I started skateboarding a lot and I wanted to be a professional skateboarder, but it was at the skating park that I learnt to rap," he recalls.

In 2007 he joined forces with Bongani Fassie and Ismael Morabe to form hip-hop group Jozi, of which he was a part for three years while also working on solo projects. He's since carved out a successful career. His new track, Lifestyle (featuring Gemini Major), has been climbing the local radio charts and the music video trended on social media.

"The Lifestyle dance has gone viral – when we're performing the song, kids are doing the dance and we've got really big goals in terms of Lifestyle as a track, Lifestyle as a ringtone and a call-back ringtone. Our goal is to reach platinum in terms of sales," Da L.E.S. adds.

The album features collaborations with AKA, Nadia Nakai, Maggz and others. A big part of Da L.E.S.' work is about supporting other rappers in the industry. "I'm all about that – spreading love and exchanging ideas so we can turn SA's hip-hop industry into something that's internationally recognised," he says.

"I'm at a happy place in my life. There's no time to be negative, there's no time to hate one another. When you've already achieved what you wanted to, why not help one another, help to build others and become strong? There's power in numbers."

North 94, later this year.

"It's been 10 years since I joined the industry and probably 15 since I started rapping, and it just keeps getting better and better.

"Every single time I'm in the studio, there's just so much more I want to say. There are so many more ways to be

'I wanted to be a pro skateboarder, but it was at the skating park that I learnt to rap'

creative and enhance my skills," he says.

"I think I always did foresee that I'd get to where I am right now, but I still see a

bigger vision for myself."

But there's no doubt about what his most important job is – that of being a dad to Madison.

He isn't with her mom, Aurea Alexander, anymore but he spends as much time as possible with his little girl.

When he isn't in the studio, at a gig or out at parties, you'll find him at his Bryanston home with Maddie, catching up on some of her favourite movies and shows.

She loves the Minions movie and her favourite TV shows are Dora The Explorer and Barney & Friends.

"We go to [family restaurant] Papa-chinos a lot. She also likes to hook up with Kairo [fellow rapper AKA's daughter]. They're godsisters and she loves Kairo, so they hang out.

"She also likes to kick it with me in the studio sometimes when she can and when it's not too crazy," he says, looking adoringly at his little girl.

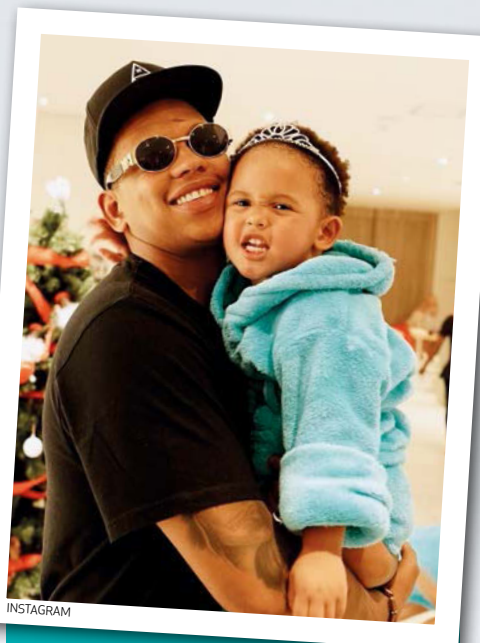
Madison turned three in December and, like her dad, she knows how to party. She celebrated her birthday with family and friends at a Spur, then had a party at her nursery school in Fourways.

To top it all off she enjoyed a day of pampering at the Life Day Spa for kids in Fourways where she and a few close friends had manicures and pedicures, a Jacuzzi session, massages and even some kiddies' champagne.

He'd love to spend more time with his daughter on weekends, but being a musician makes that tough.

"When you're in the music scene, you get your busy seasons and generally throughout the year it's a nice pace but the gigs are mainly on weekends. And I know weekends should be family time but I've got to do what I've got to do – because I've got to provide for her.

"Being able to do that makes it all worthwhile." ■



INSTAGRAM

Madison celebrated her third birthday in December. Just like her dad she enjoys a party – she had three celebrations to mark the occasion.

BESIDES the eighth annual All White Pool Party, he's also looking forward to his Diamond In Africa concert in March in Joburg and he'll be launching a clothing line,



Vacay in SA

US comedian and actor **TRACY MORGAN**

was spotted shopping up a storm at the V&A Waterfront in Cape Town recently with his wife, Megan, their daughter, Maven (3), and other friends and family.

The 48-year-old actor and Saturday Night Live host was seen pushing one of his travel companions around in a wheelchair and didn't seem to be doing such a great job of it – he hit his 29-year-old wife on the shin as the group made their way out of the upmarket shopping centre's Nike store.

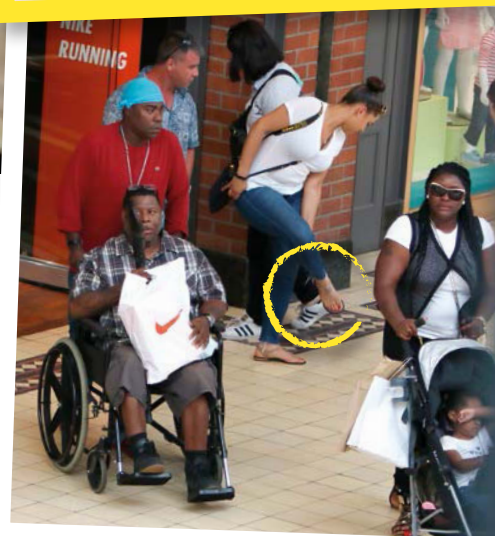
Tracy looked relaxed and in good spirits as he chatted to fans and later enjoyed lunch at a seafood restaurant. The 30 Rock star has been back at work for just more than a year after a serious car crash in June 2014

left him in a coma for eight days. The limousine Tracy was travelling in was hit by a truck belonging to retail giant Walmart, killing his friend and fellow comedian James "Jimmy Mack" McNair.

The accident left Tracy with traumatic brain injury, a shattered left femur, cracked ribs and multiple broken bones in his face.

He had to learn to walk again and reportedly received a \$90-million (then R1,4 billion) settlement from Walmart after suing the company. Although the actor recovered from his brain injury he apparently still suffers occasional headaches and memory lapses.

Walmart's insurers are now disputing the settlement as they say the company agreed to the massive payout only to avoid bad publicity.



TOP and ABOVE: Tracy Morgan bumped the wheelchair he was pushing into wife Megan as the party made their way out of the Nike store at the V&A Waterfront in Cape Town. Their daughter Maven, in her pram, looked as if she'd had enough for the day. **BELOW:** Megan shares an ice cream with Tracy.

TOP: The 30 Rock star was happy to chat to fans as he strode through the V&A Waterfront. He says he takes nothing for granted after the 2014 car accident that put him in a coma for eight days and killed a fellow comedian. **RIGHT:** A spot of lunch at the waterside.



CHILLING IN THE MOTHER CITY



Former Miss SA and mom of four **VANESSA CARREIRA-COUTROULIS** sizzled in a playful "off-the-rack" jumpsuit paired with a stunning neckpiece that was a gift from pal Zuraida Jardine.

Actress **AMANDA DU-POINT** led the style stakes in a floral dress by Anél Botha Couture.

Model and businesswoman **SHASHI NAIDOO** was gorgeous in a blue Ted Baker ensemble that showed off her amazing abs.

Sexy mama! **LEE-ANN LIEBENBERG** shone in a gold Warrick Gautier dress.

Cricketer Wayne Parnell's stylish fashion blogger wife, **AISHA BAKER-PARNELL**, was white-hot in a White Runway frock.

SUNNY DAY AT THE RACES

It's one of the most popular events on South Africa's social calendar and as usual the stars came dressed to the nines. The theme of this year's Sun Met – it's no longer sponsored by J&B but by Sun International and GH Mumm Champagne – was Decades of Glamour. Here's our pick of the best-dressed at the prestigious horseracing event at Kenilworth Racecourse in Cape Town.

KHANYI MBAU turned heads in a gold Matte Nolim gown.

New couple?

There may be love in the air for Olympic swimming champ **CHAD LE CLOS**. We snapped the hottie, who recently moved from Durban to the Mother City, with Cape Town stunner **TARYN MORRIS**, a businesswoman, part-time model and former Miss SA finalist.

The blonde was a knockout in a White Runway dress inspired by the '50s. But are they more than pals? "We're just friends," Taryn told us. "I met him before he moved to Cape Town." Hmm... Watch this space!

Chad says he's adjusting to life as a Capetonian. "It's been good but it's still very new. I bought a place in Sea Point. I need two months to renovate."

Hit or miss?

Radio and TV personality **LIEZEL VAN DER WESTHUIZEN** certainly grabbed attention with her quirky outfit by Romanda de Bastos. The design was inspired by the '60s. "Romanda finished up at fashion school last year," Liezel told us.

"The students like to play around with styles and I like it too. The headpiece is inspired by Princess Leia from Star Wars. I'm a huge Star Wars fan."





On the love front

Who's hooking up and who's breaking up in celebville



She usually keeps her love-life under wraps but model **KENDALL JENNER** (21) was recently seen looking cosy with rapper **ASAP ROCKY** (28) in a club in Paris. The pair – who were first linked in December – were spotted again at a flea market in the French capital, where Kendall was taking part in Fashion Week. Neither has yet commented on the state of their relationship.

Are they or aren't they?

BROOKLYN BECKHAM (17) and **SOFIA RICHIE** (18) have been fuelling romance rumours again, especially after being spotted on what looked like a date night in London. David and Victoria Beckham's eldest son and the model were seen heading out to a bowling alley with friends and later left together. Brooklyn, a budding photographer, has been single since splitting from actress Chloë Grace Moretz (19) last year, while Sofia was last linked to singer Justin Bieber (22).



By NICI DE WET
& TERTIA DU PLESSIS



New couple!

IGGY AZALEA (26) has never been shy about showing off the man in her life – and during a recent break in Mexico she was spotted getting touchy-feely with music producer **LJAY CURRIE** (19) on a yacht. The lovebirds were joined by a bunch of pals on the cruise, which also saw the Australian rapper flaunting her figure in a red bikini.

Iggy was last linked to rapper French Montana (32), whom she dated after calling off her engagement to basketball player Nick Young (31) last year.



Heating up

KRISTEN STEWART (26) and **STELLA MAXWELL** (26) were recently photographed putting on a steamy display in the backseat of an SUV while in Milan, Italy. The American actress and the Belgian-born Victoria's Secret model have been spending more and more time together since they were first linked in May last year where they were seen canoodling at the Met Gala after-party.

AAI/FOTOSTOCK 5A, ELITEPHOTOAGENCY.COM, GREATSTOCK/SHUTTERSTOCK, INPRA/REX FEATURES, INSTAGRAM, PAN MEDIA, MAGAZINE FEATURES/X17ONLINE

On the rocks?

SCARLETT JOHANSSON (32) and her French hubby, art consultant **ROMAIN DAURIAC** (35), are keeping us guessing about whether they've really ended their two-year marriage. Recent reports claimed the pair had split up, which seemed to be confirmed by sightings of the actress without her wedding ring. But since then the couple – who have a daughter, Rose Dorothy (2) – put on a united front at an art exhibition in New York, the first time they've been snapped together since the opening of their popcorn store in Paris in October. Confused? Us too.



PAULA: 'ROBIN HIT ME!'

IN THE MIDDLE
Six-year-old Julian
- Paula Patton and
ex-husband Robin's
son - is at the heart
of their bitter
custody battle.



LOOKS as if **ROBIN THICKE** (39) was the husband and father from hell – that's if **PAULA PATTON** (41) is to be believed.

Explosive new court documents from their custody battle reveal sordid details of their 10-year marriage which was marred by the singer's rampant infidelity and drug use. Paula claims her ex had an "explosive temper" and got abusive with her and their son, **JULIAN** (6).

In light of these allegations her request for sole custody was recently granted, as was a

temporary restraining order which forbids Robin from coming within 100 yards (90 m) of her, her mother or Julian, who's struggling with his parents' split and is now receiving therapy.

The little boy reportedly revealed at school one day that his father had hit him.

Paula claims Robin got physical with her on more than one occasion, recalling an incident on Julian's third birthday when Robin kicked

down a locked door after she saw him having "inappropriate contact" with a masseuse.

She says he attacked her again with "a closed fist" at the Cannes Film Festival in 2013. According to reports he'd also told her how he'd had unprotected sex with other women while on tour.

Paula says she wanted to leave years before she filed for divorce in 2015 but didn't want their son to grow up in a broken home. Robin has denied all allegations of domestic abuse.

SOURCES: DAILYMAIL, E! ONLINE

SPOT THE DIFFERENCE

These
stars' kids are
mini-me's
of their
famous
parents.



BEYONCÉ



BLUE IVY

BEYONCÉ's mother, Tina Knowles-Lawson (63), shared a photo collage (LEFT) showing her 35-year-old superstar daughter as a child next to her five-year-old granddaughter, **BLUE IVY**. "Aww... practically twins in this pic... beautiful," Tina captioned the image.

Reality TV star **ROB KAR-DASHIAN** (29) also shared a photo collage (RIGHT) of himself as a baby and his adorable two-month-old daughter, **DREAM**, showing how alike they are.



ROB

DREAM

Say what?!



■ **DAVID BECKHAM** (41) has slammed the longstanding rumour his 18-year marriage to **POSH** is fake. "People have talked about, 'Do we stay together because it's a brand?' Of course not. We stay together because we love each other, because we have four amazing children. Do you go through tough times? Of course. That's part of relationships. It's part of marriages." The former footballer also revealed in the radio interview that he and Posh recently renewed their wedding vows at a private intimate ceremony at their house.



■ Congrats to **ZOOEY DESCHANEL** (37), who's reportedly pregnant with baby No 2! The New Girl star and her hubby, film producer Jacob Pechenik, are already parents to 19-month-old Elsie Otter. So can we expect another

quirky name from the kooky actress? Probably. Explaining why she chose Otter as her daughter's second name, Zooey says it stemmed from her love of animals. "And we love otters because they're so cute and playful and fun and smart." Er, okay!



■ **JUSTIN BIEBER** (22) is clearly not a fan of ex Selena Gomez's new boyfriend. When asked recently if he listens to fellow singer The Weeknd's tunes, he quipped, "Hell no, I can't listen to a Weeknd song! That s***'s wack." Well Selena certainly doesn't

think so as she and her new man, who she recently holidayed with in Europe, are making some sweet new music together. We reckon if it's anything like their romance, it's gonna be hot!

■ Actress **KATHERINE HEIGL** (38) shows off her baby son for the first time on the cover of US People magazine. The actress, who's married to singer Josh Kelley (36), gave birth to Joshua Bishop Kelley Jr, their first biological child, on 20 December. The couple are already parents to two girls - Naleigh (8), whom they adopted from South Korea, and Adalaide (4), whom they adopted in the US.

SOURCES: USMAGAZINE.COM, DAILYMAIL.CO.UK, ETONLINE, PEOPLE



'While having drinks I realised something wasn't right'

MISCHA BARTON



Mischa loses it

MISCHA BARTON has explained the recent bizarre episode in which she was snapped screaming and looking dishevelled in the backyard of her home in West Hollywood. According to sources the former OC actress was rambling "about her mother being a witch, the world shattering and Ziggy Stardust".

But according to Mischa, she'd been drugged the night before at her 31st birthday party.

In a statement she said, "I voluntarily went to get professional help, and I was informed by the hospital's staff that I'd been given GHB [a date rape drug]. After an overnight stay, I'm home and doing well.

"I'd like to extend my gratitude to the professionals at Cedars-Sinai [Hospital] for their great care and professionalism. This is a lesson to all young women out there, be aware of your surroundings."





SAG AWARDS

The Screen Actors Guild Awards got political as stars used the occasion to speak out against US President Donald Trump's new immigration policy

Actress Diane Guerrero – whose show *Orange Is The New Black* won best comedy series ensemble – in Christian Siriano

Orange Is The New Black actress Taryn Manning in Rami Al Ali

Actress Taraji P Henson – whose movie *Hidden Figures* won best film cast – in Reem Acra

Orange Is The New Black's Yael Stone in a plunging pink gown

BEHIND THE SCENES



◀ Actress Meryl Streep – who received her 17th nomination (for *Florence Foster Jenkins*) – was spotted straightening the bow tie of best actor nominee (for *La La Land*) Ryan Gosling.
▶ Actresses Amy Landecker (left) and Jenifer Lewis had a laugh when they turned up in the same St John suit!





Actress Salma Hayek – who presented an award – in Gucci

Actress Annalise Basso – whose movie Captain Fantastic was nominated for best film cast – in Bibhu Mohapatra

Best actress in a mini-series or TV movie nominee (for Confirmation) Kerry Washington in Cavalli

Best actress in a drama series nominee (for Westworld) Thandie Newton in Schiaparelli



◀ Best actress nominee (for The Girl On The Train) Emily Blunt – in Cavalli – and hubby John Krasinski posed for a pic with a fan.
▶ Actor Jesse Tyler Ferguson's show, Modern Family, was nominated for best comedy series ensemble.



Actress Yara Shahidi (in Naeem Khan), whose show Black-ish was nominated for best comedy series ensemble.



Actress Kate Hudson – who presented an award – in Dior



Best actress winner (for *La La Land*) Emma Stone in Alexander McQueen



Best actress in a comedy series nominee (for *Unbreakable Kimmy Schmidt*) Ellie Kemper in Wai Ming



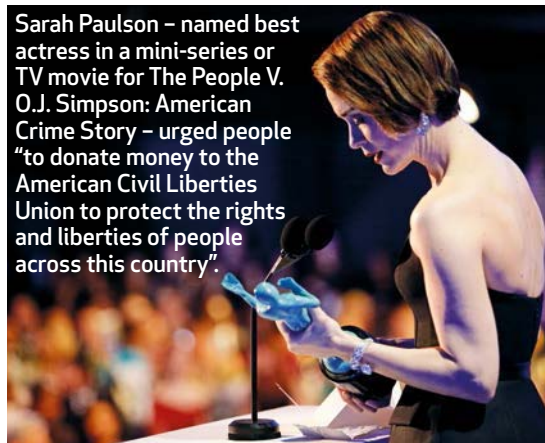
Best actress in a comedy series winner (for *Veep*) Julia Louis-Dreyfus in Lela Rose

BEHIND THE SCENES



Although *Veep*'s lead actress, Julia Louis-Dreyfus, won in her category, the show lost out for the fourth time. But like they did last year, the cast turned their disappointment into a giggle and a funny snap.

Sarah Paulson – named best actress in a mini-series or TV movie for *The People v. O.J. Simpson: American Crime Story* – urged people “to donate money to the American Civil Liberties Union to protect the rights and liberties of people across this country”.





Best supporting actress nominee (for *Manchester By The Sea*) Michelle Williams in Louis Vuitton



Best actress in a mini-series or TV movie nominee (for *Black Mirror*) Bryce Dallas Howard in Dress The Population



Modern Family actress Ariel Winter in Mikael D



Best supporting actress winner (for *Fences*) Viola Davis in Vivienne Westwood



◀ Country music legend Dolly Parton (left) presented the life achievement award to her 9 To 5 co-star Lily Tomlin.
▶ British actress Claire Foy received the gong for best actress in a drama series for *The Crown* and thanked the “extraordinary” Queen Elizabeth II, whom she portrays on the show.



Orange Is The New Black's Danielle Brooks (in Christian Siriano) was ecstatic about the cast's win as best comedy series ensemble.

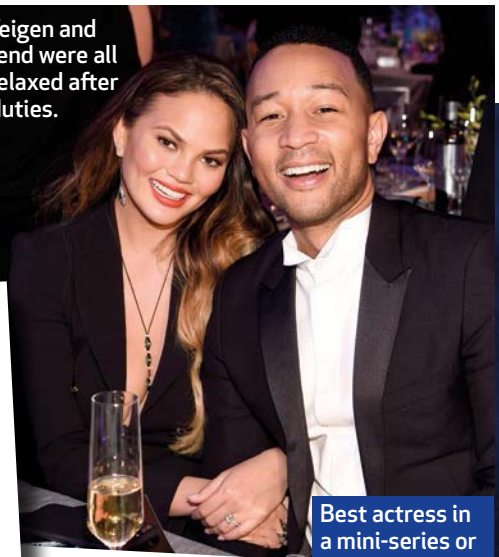


(Turn over)

CUTE COUPLES

A-list couples packed on the PDA

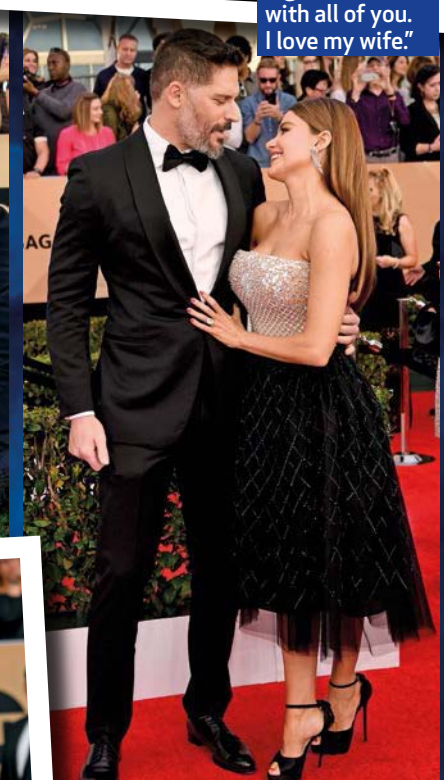
Model Chrissy Teigen and singer John Legend were all smiles as they relaxed after his presenting duties.



Best actress in a mini-series or TV movie nominee (for *American Crime*) Felicity Huffman and hubby William H Macy, who won best actor in a comedy series (for *Shameless*). On accepting his award William gave a shoutout to his wife of 20 years, saying, "I love being an actor; I love being in this room with all of you. I love my wife."



▲ Actress Ryan Michelle Bathe with hubby Sterling K Brown, who was nominated for two awards. "Don't hurt 'em, Bird!" he captioned this Instagram photo. ▼ Modern Family's Jesse Tyler Ferguson with his handsome hubby, lawyer Justin Mikita.



▲ Seems actor Joe Manganiello and his wife, Modern Family's Sofia Vergara (in Zuhair Murad), are still in the honeymoon phase of their 14-month marriage.



▲ Best supporting actress nominee (for *Lion*) Nicole Kidman - in Gucci - with her husband, singer Keith Urban. Nicole divulged that Keith wept after he saw the movie about an Indian boy separated from his family and adopted by an Australian couple. "He wanted to hug me after watching it," she said.

► The Big Bang Theory star Simon Helberg and his wife, actress Jocelyn Towne, made their feelings clear about Donald Trump's immigration law banning Muslims from seven countries entering the US.





Are **environmental allergies** irritating **your dog**?

More than 50% of dog allergies are caused by the world around them



ASK YOUR VET ABOUT

NEW PRESCRIPTION DIET™

Derm Defense™

Soothing the itch could be as simple as serving your dog its dinner. **Prescription Diet™ Derm Defense™** is Hill's first and only nutrition with Histaguard Complex™ formulated to **reduce signs of environmental allergies** by:

- Disrupting the internal allergy response
- Creating a barrier against future episodes



Don't invite them in!

Don't let garden and household pests take over. The Efekto range of products offers easy to use effective solutions to help you protect your home and garden.



NO INSECT INDOORS SC

A pyrethroid insecticide as a suspension concentrate for the control of household insects.

- Controls cockroaches, mosquitoes, flies, bedbugs, ants and fishmoths in dwellings, animal houses and industrial premises.

Customer Service Tel 086 133 3586 | info@efekto.co.za | www.efekto.co.za

Registration holder: Agro-Serve (Pty) Ltd, Reg No. 1973/000868/07. Distributed by Efekto Care (Pty) Ltd Reg No. 2009/006357/07, PO Box 652147, Benmore, 2010. Efekto and the Efekto logo are registered trademarks of Agro-Serve (Pty) Ltd. All rights reserved. NO INSECT® INDOORS SC Reg No. L8290 Active Ingredient: Deltamethrin (pyrethroid) 25 g/l (Harmful). Product is registered under Act No. 36 of 1947. NO INSECT® is the registered trademark of Agro-Serve (Pty) Ltd.

EFFICIENCY YOU_9448/E

